



LITTER PICK YOUR WAY FIT!

Pick-Fit Guide



Improve physical fitness



Boost mental health and wellbeing



Help keep your local environment clean



Benefits local wildlife



Meet others in your community



High Peak Borough Council
working for our community


alliance
Environmental Services

WHAT IS PICK-FIT?

Pick-Fit is our way to help get you active while you keep your local environment clean.

Staying active not only improves your physical fitness but it has a huge positive impact on your mental health.

Whether you're looking to lose weight, or just try something new to start being active, Pick-Fit can help you burn calories and get steps in while you help keep your area clean.

You can even earn a free week at your local Council leisure centre where you'll be able to use their gym and swimming facilities, helping you stay active after taking part in Pick-Fit!



Sign up to Pick-Fit, send us proof of your litter picks and we will send a voucher for a free week at the gym!

WHY PICK-FIT?

We have a dedicated crew of street cleaners who help keep the environment clean, but people are still dropping litter.

Pick-Fit offers you the chance to get fit while helping clean and protect your local environment.

Litter has a huge impact on the environment. It not only tarnishes local parks and beauty spots, but wildlife will often suffer injuries or illness due to the things people discard.



How can Pick-Fit help you?

- Feel a sense of pride by helping your local community
 - Walking can reduce the risk of heart disease
 - Regular exercise offers plenty of mental health benefits
- Earn yourself a free week at your local leisure centre
- Improve the environment to help local wildlife thrive



How to Pick-Fit

1

Sign up online:
www.highpeak.gov.uk/Pick-Fit



2

Your Pick-Fit pack will be delivered



3

Pick-Fit! Chose where you want to litter-pick or follow one of our set routes!



4

Let us know where to collect the waste: Send us a photo and location of where you've left the litter so our team can collect



5

We'll send you a voucher for a free week trial at the local leisure centre



6

Stay active! Book a slot on the leisure centre website and show your voucher when you arrive



7

Continue picking! You keep the pack for three months to continue litter-picking when you fancy!



8

Finished with your litter-pick pack? We'll be in touch to collect the equipment!



Find out more: www.highpeak.gov.uk/Pick-Fit

LITTER PICK TIPS



It doesn't matter if you're a seasoned litter-picking pro or a complete beginner, Pick-Fit is for anyone willing to get involved to help get fit and clean their environment.

Here's some tips on how to Pick-Fit safely!



Know your pick! Plan your pick in advance so you know where you're walking. We have provided some example walks to help you get started!



Stay clean! Only pick things up with your litter pick - wear gloves and don't pick up litter with your hands



Don't over-pick! Only fill the bag to three-quarters full so it isn't too heavy to carry!



Tell us where to collect! After you've completed your litter pick, take a photo of your bag next to a public bin - let us know the location and we will collect

EXERCISE YOUR MIND

Did you know regular exercise can help improve your mental health?

By getting outdoors and walking with Pick-Fit, you could help improve:

Manage stress and anxiety:

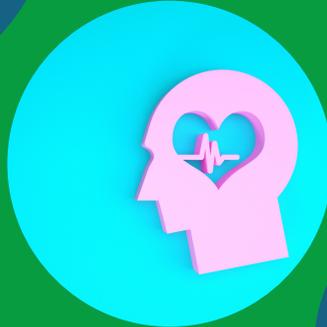
Being physically active gives your brain something to focus on. It can be a positive strategy for difficult times

Mood:

By releasing 'feel-good' hormones which give you more energy

Self - esteem:

Being active can make you feel better about yourself as you meet your goals



Sleep:

By making you feel more tired at the end of the day

Feeling like you're struggling? Talking can help.

Or, find resources online:

www.mind.org.uk

www.nhs.uk

www.mentalhealth.org.uk



LOVE FOOD:



Getting fit isn't just about exercise, a balanced, healthy diet is an important part of maintaining good health.



A balanced diet means you should eat a variety of foods such as: carbohydrates, fruits and vegetables, protein, dairy and healthy fats, to maintain a healthy body weight



If you need help maintaining a healthy diet, try using the NHS eat well guide:

www.nhs.uk/live-well/eat-well/the-eatwell-guide

HATE WASTE:

In the UK, over 6.7 million tonnes of food is wasted each year. Try to keep food waste to a minimum when cooking and planning meals.

Help reduce your food waste:

- Plan your meals so you only buy what you need
- Make use of the freezer: Freeze leftovers or bulk cook meals so you can eat them a different day
- Check dates: Buy what you can use before it expires

Remember, food scraps can be put into your green lidded bin to be recycled into a compost.



REPORT FLY TIPPING



Fly-tipping is the illegal dumping of waste.

Please do not attempt to clear fly-tipping.

If you find or witness fly-tipping in action, record as many details about the incident and the waste as you can to report to the council.



Report fly-tipping online at:
www.highpeak.gov.uk/Report_It



PUT SAFETY FIRST!

- Do not litter-pick along busy roads
- Use the equipment provided (hi-vis vest, litter-picker and gloves)
- Wash your hands before and after you pick
- Don't touch litter with your hands
- Use litter-pickers to pick up sharp objects - if carrying sharp objects in the bag keep it away from your legs
- Thoroughly wash any cuts or abrasions as soon as possible, however minor
- Do not handle or remove syringes/needles or other suspicious items - report these to the council
- Stay off private property
- Report the location of dog faeces to the council