



**TS DR  
NOR'AISHAH  
HASAN**  
*SRIKANDI TEKNOLOGI*

**OMEGA-3  
PERANAN IKAN**

**MAKMAL  
MEGA  
PERANAN DALAM  
BIOLOGI MOLEKUL**

**CANVA  
MAKMAL  
KOMPUTER MAYA?**

**TEKNOLOGI  
PLASTIK  
APAKAH KESANNYA?**

**RISK  
MANAGEMENT IN  
MICROBIOLOGY  
LABORATORY**

**KENALI PENYAKIT  
IKAN DALAM  
MAKMAL**

**PLOGGING:  
A NEW TREND IN  
ENVIRONMENT?**

ISSN 2773-5869



9 772773 586005



# Jejak Akademia

## PLOGGING: AN ENVIRONMENTALLY FRIENDLY FITNESS TREND, A SUSTAINABLE INITIATIVE

By

NUR IDZHAINEE HASHIM

Centre of Studies for Park and Amenity  
Management, College of Built  
Environment, UiTM Shah Alam,  
Selangor, Malaysia

[idzhainee@uitm.edu.my](mailto:idzhainee@uitm.edu.my)

EDITOR: MOHD SYAHRIL MOHD ZAN

***“Ploggers have made a difference in the landscape since they have saved the ecology from pollution.”***  
– Nur Idzhainee Hashim

**Plogging** is a new sustainable movement that mixes sports like jogging with environmental awareness. The act of picking up rubbish and litter while jogging is known as plogging. Picking up litter on jogs, runs, treks, walks, and bike rides is something that plogging can accomplish. Plogging is a way to get some exercise while also keeping the region clean by picking up trash. It's a simple exercise that anyone may participate in. We can practice plogging while exercising because its benefits Mother Nature as well as our bodies, minds, and spirits. Plogging is an environment friendly trash workout is a combination of jogging with litter collection. The first plogging in Malaysia began in Taman Tasik Titiwangsa, Kuala Lumpur. As a result, plogging is not new in our country and is growing in popularity among Malaysians. This is due to the fact that plogging has become popular and has spread to other nations, including Malaysia. When plogging, gloves and plastic bags are optional but advised. Plogging has several advantages, including being healthy for the heart, raising self-esteem, reducing weight, improving performance, and strengthening bones.

### **Sustainable all-round training for the body**

Plogging reinforces the health effects of jogging. The constant bending, stretching forwards and bending at the knee trains additional groups of muscles in the upper thighs, back, stomach, bottom and shoulders. Anyone collecting waste when they are jogging is not only helping to clean the environment by reducing plastic pollution but also their own body.

Moreover, this sustainable initiative is a fantastic way to stay fit and active while also helping to clean up our environment. There are two positive aspects of plogging compared to normal running. First, due to bending down to reach trash, straightening when you start running again, and then stop and go, it is more of an interval training than just endurance sports.



Figure 1. Participants from UiTM Shah Alam

Picking up trash while running is therefore an activity that keeps your body fit and benefits your health. Second, you do something good for the environment as you free it from poisoning trash – which is not only good for the plants but also you delete a source of harmful “food” for animals who might confuse the waste with something they can eat. So, it is actually a typical win-win situation: your body wins, the environment wins. Grab some paper or reusable bags, motivate your friends, and do something good for yourself and the planet!

***"Within our capacity, we too can show kindness to the environment. May we the khulafa & caretakers of the Earth be at the forefront in caring the environment and protecting the lives of the resources."***  
***- Nur Idzhainee Hashim***

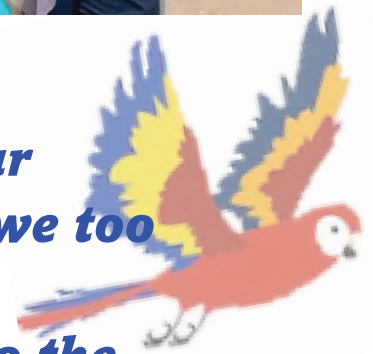


Figure 2. Students from UiTM participating in Plogging

