

# THE BUFFALO NEWS

## Letter: 'Trashercising' yields healthy way to fight litter

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**By Staff**

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My husband and I have been adding a new element to our daily walks in these spacious days of Covid-19, trashercising. We go out armed with rubber gloves and a heavy duty garbage bag. Two or three miles of walking while picking up stuff is a great workout.

We vary the walk around our Williamsville Village neighborhood so each route gets the proper attention. It's always a bit disheartening when we see trash just left by people too lazy to carry it to a can. However, much litter is a result of people not being careful when they dispose of items. The wind contributes to the problem and, voila, stuff ends up where it doesn't belong.

It's very interesting to see how things have changed over the years. While the usual cigarette box, beverage container and candy wrapper is still high on the litter list we are now picking up discarded medical gloves, hand-wipes and medical face masks. In my days of trashercising I have found tons of beer cans, fast food refuse and plastic bags but these days new trends are adding vaping packaging and PPE to the list.

My hope is that more of us take it upon ourselves to keep our neighborhoods and parks clean and free of trash. It's really great exercise and very gratifying.

Sara Schultz

Sierra Club Niagara Chair

Amherst Energy Conservation Citizens Advisory Committee Chair

Williamsville

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