



WESTON'S "POP" TIPS SERIES – WEEK 3 Protect Our Planet While Working Out!



Weston will be communicating daily **POP Tips of the Week** throughout the month of April. **POP** is short for – **P**rotect **O**ur **P**lanet. Here are some practical tips to consider protecting your planet while you work out.

Take it outside whenever you can. Instead of increasing your energy consumption via home and gym exercise machines, take advantage of the bike paths in your area. One big advantage to the great outdoors - it's 100% free and always interesting!

Look for some new workout clothing or gear. Organic cotton and bamboo threads are a great place to start for sweat-friendly green fabrics.

Get creative with your workout routine. Another great way to supplement your gym routine: Try knocking out some house or yard work by attacking the job with gusto! Shoveling snow, raking leaves, vacuuming and dusting can be great activities for burning off a greasy business lunch or the sins of the holiday season.

Inspire a green makeover at your health club or gym. Make sure your club offers recycling bins and energy efficient machines and remind the staff to ask patrons to limit their towel usage.

Just say no to one-time use plastic water bottles. It's time to commit to using refillable water bottles for workouts and everyday hydration. Using a refillable bottle means less waste in landfills and more money in your wallet.

