

Earth-friendly Fitness Combining Exercise With a Green Lifestyle

By Erin Light

The next time you work up a sweat, consider greening your fitness routine to keep the Earth in shape too. It doesn't take much to change a few personal habits, and a more eco-conscious lifestyle will reduce your carbon footprint. Just as every minute of exercise adds up to improve your health, new habits will contribute to a healthier environment. Here are some tips on combining physical and environmental fitness.

- **Venture to the great outdoors**

Instead of hopping on an electricity-expending cardio machine, hit the trails in a park or go canoeing at a local river to experience the fresh air and admire the natural surroundings. After soaking up the beautiful scenery, it may be hard to remember that you are getting a workout!

- **Green your gear**

Many fitness products like clothing, shoes and equipment are produced in environmentally safe conditions with organic materials. Use the Internet to find eco-friendly stores carrying a wide variety of all-natural items.

- **Check your commute**

As often as you can, try to walk, bike, skate or even swim to your next destination. Not only will you reduce your carbon footprint, but you can reach your recommended daily amount of activity just during your travels.

- **Plant a garden**

Growing a vegetable or flower garden is a great way to give back to Mother Nature. Eating your own vegetables will contribute to a healthy diet and since they are grown in your yard, you can skip a drive to the grocery. On top of all that, planting, weeding and picking burns calories!

- **Eco-friendly activities**

There are many activities to choose from while keeping the Earth in mind. Grab a group of friends and go hiking while picking up litter. Reuse old wood and scraps to build a bird feeder for your yard. Participate in conservation activities such as trail or playground building while you stay active and support the environment.

- **Join others**

Become involved with eco-minded groups. Many clubs such as the Nature Conservancy and Organic Athlete promote natural fitness and outdoor recreation.

These are a few simple ways you can benefit the wellness of the planet while working toward your own fitness goals. For most of us, following a consistent fitness routine and being environmentally friendly isn't always convenient and easy, but taking the time to be conscious about your everyday choices will help us all live longer and healthier lives. So the next time you jump into your fitness routine, consider how you're impacting the Earth and try an activity that will keep it healthy too!



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INFORMATION LINK

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