



# Reduce your fitness footprint

*These planet-friendly moves will help get your fitness efforts in line with your eco goals*

### *Follow green fit-fluencers*

Get inspired by this earth-loving Instagram crew:

**Zanna van Dijk** @zannavandijk

Co-founder of sustainable swimwear Stay Wild Swim. She shares workouts and insights on conscious living.

**Sophie Hellyer** @sophiehellyer

A surfer, yoga pro, environmentalist and the force behind wild swimming collective Rise Fierce.

**Lizzie Carr** @lizzie\_outside

An adventurer who runs Planet Patrol – a community dedicated to litter clean-ups on land and water.

### *Do as the Swedish do*

Plogging – from the Swedish *plocka upp*, meaning 'pick up' – involves collecting litter as you go for a walk, jog or run outside. Up the ante by busting out some squats when you go to grab that empty crisp packet.

### **Y'ALL READY FOR THIS?**

The UK consumed *four billion* litres of bottled water in 2019. Instead of buying a freshie pre-run, invest in a reusable Chilly's Water Bottle\*, £20/2,000 points (500ml-capacity). A win for your wallet as well as the battle against plastics.

*Get dressed for  
(sustainable) success*

These activewear labels offer style and substance...

1. **Asuno:** Every purchase gives back to a water, hunger or identity cause (we're eyeballing the leggings for yoga).
2. **Allbirds:** This shoe brand uses sustainable sugar cane, merino wool and recycled plastic bottles to make sleek sneakers and runners.
3. **Tala:** Each eco-friendly item's tag is filled with seasonal seeds for you to grow. Yay for plant babies! Plus, the leggings are cloud-soft.
4. **Icebreaker:** Merino wool steps up as the foundation for sustainable T-shirts, hoodies, sports bras and more.
5. **Adidas Parley:** The fitness giant's new Primeblue fabric (made from plastic found on beaches and coastlines) is used in trainers and tracksuits.

**SHORTEN YOUR POST-SHOWER TIME**

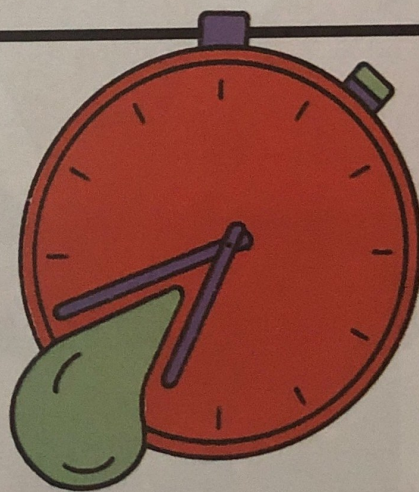
Did you know that 12% of Brits spend up to 20 minutes in the shower? Even if you've just hammered out a HIIT class, there's no need to send water sloshing down the drain. If you're at home, try putting a clock in your

bathroom – research suggests we shave off roughly two minutes per shower when we're aware of how long we've been in there. And make the time count by embracing multi-tasking time-savers, such as Ethique

Wonderbar Solid Conditioner Bar\*\*, £12.99/1,299 points (60g) – not only does it leave hair soft, but it also doubles as a shaving bar and in-shower moisturiser. And the best benefit? It won't leak in your gym bag.

**RUN TO HELP OTHERS**

Charity Miles is a free app that tracks your movement. For every mile you log on a run, hike or trip to the shops, its sponsors donate to your charity, whether it's World Wildlife Fund, Charity: Water, or global children's charity UNICEF.



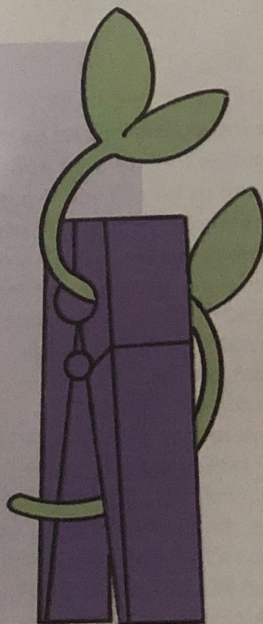
**Greenwashing we like!**

**YOU'RE WASHING GYM GEAR – WHAT LAUNDRY SETTING DO YOU CHOOSE?**

- A. DELICATE
- B. STANDARD

**The answer is B** – true story! Newcastle University scientists discovered that a delicate setting releases 800,000 more microfibres from polyester fabric per wash compared with a standard one. Researchers blame the amount of water used in a delicate cycle for dislodging the microfibres – a type of plastic pollution that ends up in our waterways. Opt for a low setting

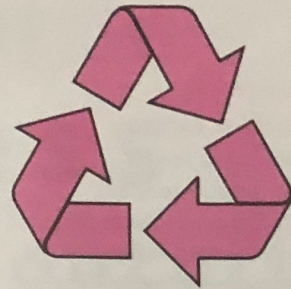
for any synthetic stuff and put on a full load to balance the ratio of water to fabric. Also, check out a Guppyfriend Washing Bag (around £27; en.guppyfriend.com) – it'll protect your activewear to limit fibre shedding. Oh, and as for your laundry detergent: Ecover Zero Sensitive Non-Bio Washing Powder, £6.75/675 points (1.875kg), uses plant-based and biodegradable ingredients in recycled packaging.



**88%**

...of us want brands to help us live a greener lifestyle, according to a survey of more than 1,000 people in the UK and USA by agency Futerra. So ask your gym or favourite activewear label what moves it's making. You could inspire them to take action! →

\*Available on boots.com and in selected stores. \*\*Available on boots.com and in selected stores from 1 February 2021.



Avoid clothes ending up in landfill by giving them to H&M's garment recycling service. So, if those old gym items are too grubby to donate to charity, hand a bag of them in at any store in exchange for a £5 voucher. It doesn't matter the condition or brand. Hurrah! As for all those empty toiletry bottles you've used in the gym (and elsewhere)? You can now recycle empty plastic packaging in up to 50 Boots stores. Go to [boots.scan2recycle.com](https://boots.scan2recycle.com) to register, and visit [boots.com/boots-recycling-scheme](https://boots.com/boots-recycling-scheme) for full details.

### *Pedal power*

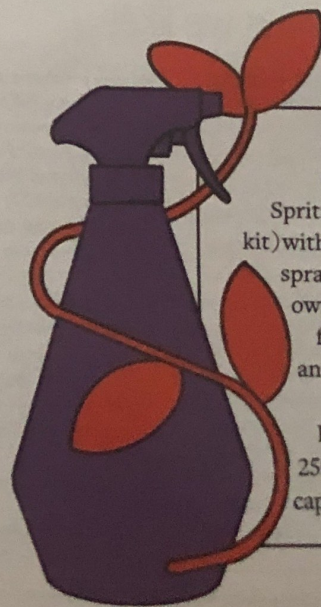
If keeping the lights on isn't an incentive to pedal harder, we don't know what is. So when you're able to safely return to the gym, look to keep fit the eco-friendly way. Members of Terra Hale\* (meaning 'strong earth') in London and the Green Gym Group\* in Brighton exercise on equipment that then generates electricity to actually power the facility. Amazing!

You could also look out for kit that doesn't need electricity at all – human-powered treadmills are now available, from boutique gyms to Virgin Active spaces\*.

### *Rethink your recovery fuel*

Edible insects are tipped as the sustainable food of the future. Stick with us here! They're high in protein, plus, farming them puts less pressure on the planet's resources compared with meat. Intrigued? Add some crickets or mealworms to your post-workout stir fry or salad – check out [eatgrub.co.uk](https://eatgrub.co.uk).

If you're too freaked out about an insect buffet, explore plant-based protein instead, with the likes of beans, lentils and tofu. Try adding Purition Wholefood Plant Based Protein With Cocoa\*\*, £13/1,300 points (250g), to smoothies, too.



### **CLEAN GREEN**

Spritz your mat (or kit) with an eco antibac spray, or make your own (check online for solutions), and add to a Boots Water Spray Bottle†, £2.50/250 points (300ml-capacity)! Namaste.

\*Covid-19 restrictions permitting. \*\*Available on [boots.com](https://boots.com) and in selected stores. †Subject to availability.