

Subject: 8 ways to be green with your fitness routine.
Tips to take care of your body, and the planet.



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8 Hacks to Become Your Fittest, Greenest Self

When it comes to fitness, being environmentally conscious isn't always top-of-mind. In honor of Earth Day, our friends at mindbodygreen came up with eight ways you can incorporate going green into your routine.

Let's Go Green



Meal Prep 101: Earth Day Edition

Planning and prepping meals helps you stay healthy each week, but did you know it can be healthy for the Earth, too? Check out these meal prep basics—your body (and the Earth) will thank you.

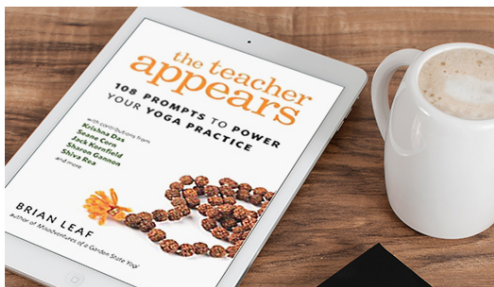
Get the Tips



Get Off the Grid (And Into Going Green)

Off the Grid Fitness believes in creating positive energy through fitness. In addition to helping people look and feel their best, Arizona's first green gym takes on an even bigger client: our planet.

Read the Story



Save a Tree, Get This eBook

We've partnered with Brian Leaf, author of *The Teacher Appears: 108 Prompts to Power Your Yoga Practice*. Get a free copy of his book to help push your yoga practice to the next level.

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