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Ditch your old gym bag for a Eco Tote Bag designed by Studio NumberOne, founded by Shepard Fairey.  
Photo: (Photo: Business Wire)

## Revamp your fitness lifestyle for an eco-friendlier you

April 20th, 2010 4:26 am ET

By **Deborah Green**, Baltimore Fitness Trends Examiner

Here are some tips for creating a "greener" you for a fitness lifestyle that is environmentally friendly.

### Recycle Old Running Shoes:

Ever wonder what to do with your old running shoes; instead of, just retiring them in a closet or storing them in a basement. Try recycling your old running and walking shoes at your local [Goodwill](#) or [The Salvation Army](#).

You can even recycle your old running shoes through [Recycled Runners](#), an organization that provides drop-off locations for thousands of shoes in need of finding a new home.

Join forces with [Nike's Reuse-A-Shoe](#) program that has recycled and sustained over 25 million pairs of old running shoes and kept them out of the landfills, since 1993.

Besides recycling your running shoes, how about switching over to a pair of [biodegradable](#) shoes, these provide faster biodegrading and contain non-toxins.



**Switch to A Biodegradable Running Shoe:**

[Brooks](#) offers a vast line of women's and men's running shoes called [BioMoGo](#) that feature biodegradable midsoles, a non-toxic natural stabilizer used to augment the rate of biodegradation. The Defiance, Dyad, Adrenaline, Beast and Ariel are popular versions of the line. One of its newest shoe specialties is the [Brook Glycerin](#) series, which feature a new cushioning technology called [DNA](#).

**Ditch bottled Water and Get A Reusable Water Bottle:**

Instead of spending hundreds of dollars a month on bottled water and sports drinks, how about saving a little on your grocery bill and reduce the contamination of plastic bottles by purchasing a reusable water bottle.

Reusable bottles are convenient and will save a ton on your grocery bill, because you can use the same bottle to refill. In fact you can purchase powered forms of your favorite over-the-counter sports drinks [Gatorade](#), or [POWERADE](#), which come in environmental friendly individually wrapped packs or canisters that lasts longer than bottled forms.

**Toss Out Your Gym Bag:**

It's time to throw away your old big bulky gym bag and exchange it for a [reusable bag](#). These reusable bags come in stylish designs and colors. You can purchase them at your local supermarket, [Target](#) or [Walmart](#) for as little as \$1.00.

**Pucker Up Your Lips With All Natural Balms:**

[Burt's Bees beeswax](#), a line of lip smoothing balms made of one-hundred percent all natural ingredients.

Throw away all your old sticky lip gloss and dull make-up and get some of [Aveda's](#) beauty products of lip glosses, eye-shadows, and bronzers to boost and brighten your skin while keeping you and the earth looking their best.

**Use Biodegradable Laundry Detergent:**

After a long sweaty workout throw your clothes in the washer machine using non conventional detergent. Try hypoallergenic biodegradable laundry detergent or plant based formula detergents.

**Run In Style Wearing Recycled Clothing:**

[Under Armour's UA Green Collection](#) features a performance wear line made of one-hundred percent recycled fabric. This stylish sports apparel is sure to have you running your best performance times.

**Brighten The Earth and Your Body:**

Try facial cleansing products made from all natural ingredients. Products like Alba, Yes 2 Carrots, Eco

Tools, Queen Helene or even Pure & Natural, to give your skin that healthy glow after a sweaty workout.

Shampoo and condition your hair with new green products from [Loreal Everstrong](#), [Patene Pro-V Nature Fusion](#) or [Aveeno Active Naturals](#). Style your hair with [TRESemme` Naturals](#) line of styling mousse, pomades and hair sprays. Products are an affordable range from \$3.99 - \$7.99.

**Sign-Up For Eco-Friendly Races and Events:**  
[Runners World's The Greenteam](#) and [Run The Planet](#) have a ton of eco-friendly listings for races, events and training tips.

**Tags:** bicycling, cardio fitness, Deborah's Fitness Tips, fitness, running, Sports Performance, youth fitness



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