

BE KIND TO MOTHER (EARTH) FITNESS FLYER

By Megan Connolly

With Spring right around the corner (or already here, depending on when you're reading this) the human population begins to venture outdoors after being stuffed inside from another brutal winter. People start to take notice of new sprouts or saplings, becoming aware of growth and new beginnings. Naturally, everyone wants to preserve this beautiful state by consciously reducing and recycling, conserving water and energy, choosing and supporting local products or produce and opting for items made with less harsh chemicals or waste. If you are trying to keep your body healthy with clean eating, something that will help you, and everyone for that matter, in the long run is to help keep Mother earth's body healthy too.

Here are 5 ways you can help preserve Mother Earth and show her kindness:

1. **Reduce, Reuse & Recycle** - That's right, back to basics. Nowadays almost anything is recyclable or accepted at recycling centers. You can start small by simply reusing paper or plastic bags you get at the grocery store around the home or to shop with again. Some grocery stores have containers set up to recycle your old bags for you!

A great product to take advantage of is reusable bags. You can pretty much find these bags anywhere and they fold up small enough to fit into a purse or back pocket so you have no excuse to forget it at home! To make you feel even better about purchasing reusable bags, most of them are made from recycled plastics like water bottles. Some companies collect plastic materials that are found floating in the ocean, so we clean up the ocean AND get a fashion forward, sustainable bag!

2. **Start Your Own Garden** - Simple enough, right? Even if you are tight on space there are a ton of options to grow everything from herb gardens to fruit and vegetable gardens. By harvesting your own produce you can show love to Mother Earth by avoiding harmful pesticides or chemicals. This not only saves the rain water from soaking the chemicals into the Earth the atmosphere, but you're not ingesting anything harmful, thus giving you your very own Organic garden! There's nothing I love more than picking a couple Cherry Tomatoes right off the vine on my way to work!

3. **Lower Your Carbon Footprint** - Today there are a ton of commuters on the road that drive anywhere from 5 miles to 50 or more miles a day (my own commute is 32 miles each way). If you are a long-commuter like me, you can

still lower your carbon footprint simply by carpooling or asking if your job allows you to work from a home a couple days a week. Another option would be to invest in a hybrid or electric car. Those who live closer to work can simply take advantage of walking or biking to work and receive the benefits of exercise AND appreciation for Mother Earth.

As a new mom I made a conscious decision to use cloth diapers instead of regular diapers and also make my own detergent to wash the diapers with. I am reducing my carbon footprint by not filling up the landfills with an insane amount of diapers and loving Mother Earth by not using harsh chemicals in my laundry.



4. **Opt for Sustainable Products** - There are tons of products that are not only from sustainable sources themselves, but utilize packaging made from recycled materials as well. Examples would be the container your salad comes in or the bag of granola you buy. Purchasing these products might lessen the amount of harsh chemicals used in production, creating an overall cleaner product and reducing hazardous waste. The next time you are shopping read the box or tag and see if the company is an Eco-friendly company or what measures the company is taking to become more Eco-conscious.

5. **Connect Back with Nature** - Literally go hug a tree and walk barefoot outside. I'm not saying this because I'm a barefoot, tree-hugging yogini, but because we all need to come back to our roots. Take a walk outside, take a deep breath in, feel the love and support of Mother Earth. Nice, right? If we want to keep this feeling and truly be supported by our planet without repercussion, then we need to return that love and support. The more disconnected we are from nature, the easier it becomes to turn a blind eye when someone litters or doesn't look for clean, sustainable solutions during daily life. Become more aware of your actions and intentions so that we can keep a healthy, happy planet for ourselves and for all the generations after us.



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Megan Connolly
Yogini & Graphic Designer