

## A CLEANER WAY TO BREAK A SWEAT: DESIGN AN ECO-FRIENDLY WORKOUT



Making small changes within our daily routines is truly what makes a powerful impact when trying to live greener – for our health and wellbeing, and for showing our planet some love and respect. When we make greener choices, we reduce our personal carbon footprints, or the amount of greenhouse gases generated by our daily activities (such as carbon dioxide). Greenhouse gases trap heat and warm the planet and over time, this leads to big challenges like melting ice caps, severe storms and wildfires.

Experiment with greener choices when you exercise. Here are some tips to get you started:

### **Purchase secondhand equipment.**

Choosing resale fitness equipment reduces waste and prevents the need for new production of materials.

### **Select sustainable workout essentials.**

Choose equipment like yoga mats, resistance bands or exercise balls that are made from recycled materials, such as natural rubber.

### **Invest in washable water bottles and skip single-use plastic options.**

Opt for BPA-free, glass or stainless-steel bottles.

### **Use bodyweight moves to exercise at home or take your fitness outdoors.**

This keeps your routine fresh and reduces the impact of commuting — benefiting your body, budget and the planet. Choosing to exercise outside also reduces the energy consumption used to power equipment like treadmills or stationary cycles. Try plogging! It's the happy marriage of fitness with a greener meaning.

Joggers tote garbage bags (and sometimes wear plastic gloves) to collect litter along their running routes, thus pairing movement with an Earth-friendly purpose.

### **Consider buying sustainable workout gear.**

Aim for organic cotton, bamboo or merino wool options. These fabrics have a low environmental impact because they use less water to grow and manufacture than other fabrics. Synthetic materials (such as polyester, nylon, spandex, rayon) also release microplastics each time they are washed, which isn't optimal for our bodies or the environment. Quality, sustainable workout clothes can last longer than other options,

too. For budget-friendly options, try purchasing sustainable gear secondhand and locally.

**Alter your gym commute.** If you love working out at your gym, try biking or walking there instead.

### **Purchase in bulk to reduce packaging.**

Avoid single-use protein packets, for example, and buy larger containers of protein powder, if this is part of your nutrition plan. Switch to packing reusable containers with post-workout snacks instead of throwaway options.

### **Sample eco-friendly hygiene products.**

There is an eco-friendly option for nearly every hygiene product you might need. Next time you're shopping, sample a greener option. From liquid soap to toothpaste to deodorant, see what new options fit your lifestyle while showing the Earth a little more love. We can also keep our post-workout showers short to conserve water use.

With a few small adjustments to make our fitness routine more sustainable, we can support optimal wellbeing — for ourselves and for our planet.

"Building a Sustainable Fitness Routine: Tips for Staying Motivated," hausvoneden.com, accessed April 18, 2025.

"Sustainable Fitness: How to Create an Eco-Friendly Workout Routine," thegoodboutique.com, May 7, 2023.



# DIY HEAD SPA GUIDE

Depending on individual needs, specialists recommend using the head spa routine every two to four weeks.

- Start with a dry head and dry hair.
- Gently warm an at-home oil of choice (coconut oil, olive oil, etc.).
- Massage the oil into your scalp using circular motions with your fingertips or with an optional silicone scalp scrubber. Comb through your hair with your hands to evenly distribute the oil to the ends. Some hair experts say you can leave the oil in anywhere from 10 minutes to 30 minutes or even overnight for deeper conditioning.
- Apply a hair mask or deep conditioner. A quick online search can help you create your own hair mask at home, based on your hair type and needs. To increase absorption, you can wrap your head in a warm towel for this step. To do this, rinse a towel in hot water, wring it out, and wrap it around your head.
- Rinse your hair thoroughly.
- Shampoo and condition your hair as you would in your bathing routine. If you find it's difficult to remove the oil, shampoo a second time.
- Let your hair air-dry for optimal health. If towel-drying, avoid rubbing hair with the towel as it can break hair or create frizz. Gently squeeze out water or pat hair dry. You can even use a soft, cotton t-shirt to protect hair.

## A Few More Tips From Specialists

1. **Exfoliate your scalp with a sea salt scrub once a week.** This will remove dead skin or buildup, allowing natural skin oils to function properly.
2. **Choose a hydrating shampoo.** Look for a product with aloe to soothe dry hair and help it retain moisture.
3. **Set the tone for your relaxation.** Try lowering the lights and playing gentle, calming string music to boost relaxation during your head spa experience.

"I Tried a Viral Head Spa: Here's My Honest Review," Cameron Jenkins, [goodhousekeeping.com](https://www.goodhousekeeping.com), July 31, 2024.

"Hair Spa at Home: Ultimate Guide to Luxurious DIY Hair Treatments," [urbancompany.com](https://www.urbancompany.com), Nov. 14, 2024.

"Try the Trend: How to Recreate an Ancient Japanese Head Spa at Home," Leanna Garofolo, [hair.com](https://www.hair.com), accessed April 15, 2025.



## Bright Springtime Lemon Vinaigrette

Prep time: 5 minutes • Total: 5 minutes • Serves: 6

### Ingredients

- 1/4 cup lemon juice, from two lemons
- 1 tablespoon water
- 1 teaspoon Dijon mustard
- 1 large garlic clove, minced
- 1 teaspoon dried Italian seasoning
- 1 teaspoon dried parsley
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 6 tablespoons extra virgin olive oil

### Directions

1. In a mixing bowl, combine the lemon juice, water, Dijon mustard, garlic, Italian seasoning, dried parsley, kosher salt and black pepper and whisk together.
2. While whisking, drizzle in the extra virgin olive oil. Continue to whisk until it's fully emulsified.
3. Taste and adjust the seasoning to your liking. Dress your salad or store, covered in the refrigerator, for up to one week. Give the vinaigrette a good shake before using to reincorporate the oil.

Serving: 2 tablespoons • Calories: 123kcal • Carbohydrates: 1g  
Protein: .5g • Fat: 13.5g • Saturated Fat: 2g • Sodium: 113mg  
Fiber: .5g

Adapted from [skinnytaste.com](https://www.skinnytaste.com)