



# GO GREEN WITH fitbook

## WE AT FITLOSOPHY LOVE OUR EARTH SO JOIN US IN CELEBRATING EARTH MONTH

**facts on what we're doing to be green — PLUS tips to get you fit + fab**



**did you know?** fitbook uses 30% post-consumer materials for the front at back covers and is also printed on fsc-certified recycled paper. we're doing our part to save some trees — do yours! finished with fitbook? unwind the coil binding, toss the covers in the plastics bin to recycle, and recycle the pages too... unless of course you keep them for future reference like we do!

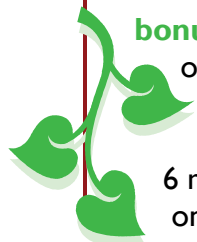


**little fitbook — little footprint!** we proudly print & manufacture the fitbook in the good ol' USA, which reduced the carbon footprint of getting it from us to you, not to mention we keep jobs right here in the states!

### 5 tips to be green and get fit 2!

- 1 - weekend errands to run? park somewhere centrally located, walk from one errand to the next to get some exercise and save gas too! too far between stops? take your bike!
- 2 - find neighbors that go to the same gym as you and carpool to and from to save gas. bonus: a built-in accountability system too!
- 3 - shop at local farmers markets or, better yet, grow your own garden!
- 4 - re-use a water bottle (I like KOR) or opt for a lower-cost alternative: buy a 1L smartwater bottle & refill with filtered water. save plastic — save \$\$ — stay hydrated!
- 5 - tote your already-read magazines to the gym to share. stretch the life of the magazine a bit further before it hits the recycle bin.

**bonus!** angela's tip for your old sneakers: recycle worn-out tennies with nike's re-use a shoe program that turns any brand of treads into play surfaces for kids. find a drop-off location near you. get new kicks every 6 months (your body will thank you) and recycle the old ones... brilliant!



## in shape with Shay

being green is actually a by-product of being fit and healthy: I do something good for planet earth, save cash on gas, and burn calories too! I love to workout in the "green" outdoors: kayaking as a workout, hopping on my street strider to go to the local farmer's market, riding my bike for errands, and scheduling "walking meetings" instead of coffee. Recently, my hubby and I rode our bikes down to the local coffeehouse for date night — quite a triple treat by being active, going green, and growing close in love. (mushy, I know!)



do your part by being green — your body will thank you!

be shay's fan on facebook



shay sorrells  
the biggest loser

## lean green tea muffins

with its fat-burning, metabolism-boosting, cancer-fighting, and cholesterol-reducing reputation, it's no surprise that green tea is good for you! check out these little whole-grain muffins that sneak in this hydration super-power.



servings: 12  
nutrients per serving:  
38 cals, 12g fat, 5g carbs, 1.8 g protein  
serve with a cup of hot green tea and enjoy! here's my latest fave!

▶▶ [click here for recipe](#)