



5 Fit Ways to Lean Green

Randi Ragan, founder of the GreenBliss Eco-Spa (a mobile wellness experience that delivers spa pampering to your door) offers five goof-proof tips for living more sustainably and consciously this summer:

- 1 Before and after workouts, make greener food decisions to fuel your workouts, upping your intake of organic fruits and vegetables.
- 2 Toss old gym-bag makeup and lessen your toxic load from unnecessary chemicals that may cause allergies, headaches or skin disorders. Check cosmeticsdatabase.com for a list of no-no ingredients.
- 3 Switch your deodorant and toothpaste to natural brands.
- 4 Turn off your computer and all the lights every time you leave your home. Bonus: Ask your local gym, beauty salon or Pilates studio to consider switching to sustainable cleaning products and more efficient electricity sources.
- 5 "Finish every walk or workout with a momentary prayer of gratitude for your health or for the day," says Ragan. greenblissecospa.com

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