

Green Your Environment

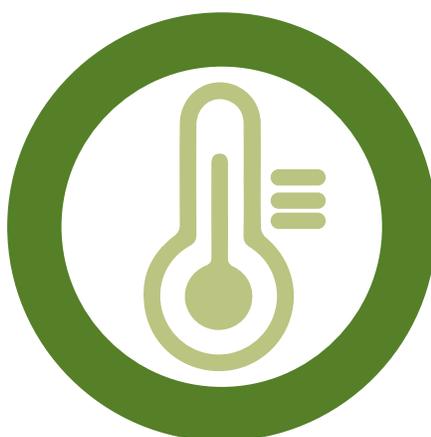
ENERGY SAVING SLEEP HABITS

Eco-conscious habits like turning down the heat, powering down electronics, and spending time outside can improve your sleep. Integrate these healthy sleep habits into your bedtime routine for a better night's rest.



POWER DOWN

Bright light that is emitted by TV and computer screens tricks the brain into thinking that it is daytime, making it more difficult to wind down. Sleep experts suggest turning off all electronics for at least one hour before bedtime.



TURN DOWN THE HEAT

Studies show that people fall asleep faster, and sleep more deeply when the temperature is lower. Set your thermostat to reduce the heat or open a window in warmer weather.



GET OUTSIDE

Step away from the computer screen and head outside for a 30 minute walk or bike ride to improve your sleep. Spending time in sunshine can reset your body's clock and help you fall asleep earlier.



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Sources: <https://www.mnn.com/family/family-activities/blogs/go-green-for-better-sleep>
<https://www.webmd.com/sleep-disorders/news/20170202/time-outdoors-may-deliver-better-sleep#1>

Earth-Conscious Kitchen

DID YOU KNOW ...

that it takes less energy to prepare meals from scratch at home than to produce frozen, prepared meals? Whole foods are a nutritious and eco-friendly choice!

REDUCE AND REUSE

Buy fresh fruits and veggies and choose grains and legumes in larger sizes to reduce packaging. Bring reusable produce bags and grocery bags with you.



ENERGY EFFICIENCY

The oven is the least efficient appliance in your kitchen—swap it for the slow cooker or microwave to save energy. When using the stovetop, choose the smallest pot for the job, and match the pot size to the burner. It takes less energy to reheat food than to cook it—cook in double batches and reheat.

PREVENT WASTE

Plan your meals in advance and stick to your grocery list to avoid buying food that won't be eaten. Divide dinner leftovers into single portion containers and freeze for lunches. Add unused or wilted veggies to soups, stews and broths.



Green Your Fitness Routine



AT THE GYM

- Avoid driving to the gym when possible— Ride your bike and warm up!
- Pack a reusable water bottle to avoid using paper cups.

AT HOME

- Look for products made from biodegradable or recycled materials for your fitness clothing, gym bag or yoga mat.
- Keep your post-workout showers short to save water.

IN YOUR COMMUNITY

- Sign up for a race to raise awareness for an eco-friendly cause.
- Organize an equipment swap in your neighborhood. Make use of hand-me-downs or donate the equipment to a local charity or school.



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Sources: <https://www.webmd.com/fitness-exercise/ss/slideshow-natural-workout>
<https://www.fitnessmagazine.com/mind-body/feeling/go-green-fitness-tips/http://charitywishlist.ca/>
