



Body & Soul
health and fitness

~ OUR COMMITMENT TO ENVIRONMENTAL FITNESS ~

At Body & Soul, we have a philosophy of clean living and we are strongly committed to minimizing the impact that our facility and our operations have on the environment. Our environmental commitment extends to all parts of our business.

ENERGY REDUCTION

- We have reduced energy consumption significantly by updating our lighting systems, including switching to non heat-producing LED's that don't challenge the AC, and installing motion sensors for lights in all rooms except the main gym areas.
- We have also reduced our energy consumption by changing the way we do laundry: upgraded laundry machines use high efficiency liquid soap, all washes are restricted to the cold water cycle, and the outside dryer vent is cleaned every 2 to 3 months.
- To reduce unnecessary heating and cooling, we have upgraded our HVAC system to regulate the temperature in each room. Outside air in the winter months will be heated (by natural gas) before entering the main system.

WATER REDUCTION

- We have installed water-saving showers and toilets in both change rooms.

WASTE REDUCTION

- We use 100% post consumer waste toilet paper and recycled multi-use fax and printer paper.
- Marketing mail-outs are limited to a single card (100% post-consumer waste paper) three times per year.
- With the exception of the marketing mail outs, we do all of our printing in-house. This allows us to print items only as they are needed, thereby reducing paper waste.
- All clients receive an FDA approved water bottle and have access to our water filtration system. This eliminates the need for bottled water and reduces the number of plastic bottles in landfills.
- We use cloth rags instead of disposable paper towels for cleaning.

REDUCTION OF CHEMICAL AND AIR POLLUTANTS

- We use biodegradable toiletries, laundry soap and cleaning products that are not tested on animals. The laundry soap is high-efficiency so only small amounts are required.
- We use "The Pink Solution" for cleaning – a cleaner so gentle it is actually safe for human consumption.
- Our environment- friendly printer uses chalk instead of toner.
- We encourage our employees to use alternate forms of transportation: most walk, bike or take public transit.
- We shop local whenever possible – from our staff uniforms to our equipment and toiletries.

We are continually exploring new ways to make our facility greener. We encourage all of our employees and clients to join us in the pursuit of a healthier and greener lifestyle.