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| **Thursday, January 23, 2014 140123-1**  **In this Issue:**  **Metro Monthly Green Tips: January 2014** |
| **Metro Monthly Green Tips: January 2014**  You don’t need a new year to get into the habit of going green. Green tips are applicable any time of year and can help you transition to a more sustainable lifestyle. Going green all at once is too much for almost anyone to accomplish. Instead, try adding some of these ideas in the upcoming months and track your improvements along the way.  **1. Green into Shape**  Most New Year’s resolutions involve improving our health and fitness. How about getting fit by going green? Keep yourself hydrated everyday and during workouts by using a reusable water bottle instead of one-time use plastic water bottles. Not only will you help reduce the amount of waste in landfills, but you’ll feel better about sheading without spending.  **3. Shopping Green & Eating Clean**  Clean eating is just as important as increasing physical activity to meet your fitness resolutions. Next time you go grocery shopping, aim for organic foods and products, avoiding processed foods along the way. Remember – natural is more nutritious *and* delicious! You can even go the extra mile and carry your groceries home in reusable shopping bags.    **2. Travel with Purpose**  This year, visit a national park with family and friends. Visiting national parks helps to preserve natural landscapes, as park fees are directed toward park operations and maintenance. You can also buy carbon offset credits for your travels.  By implementing this month’s green tips into your daily routine, you’ll help contribute to a more sustainable future! | |
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