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Eco-Friendly Winter Getaway Prep

Green workout, tanning & swimsuit tips!

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Holiday pounds weighing you down? Worried that your shape isn't as fit for the beach as you'd like? Then get beach body-ready - the green way - with these eco-friendly winter vacation prep tips!

Natural Spray Tanning



Photocredit: Flickr / quinn.anya

Though many thought spray tans were healthier than tanning beds, a recent study found that spray tans containing dihydroxyacetone (DHA) actually alter and damage DNA. Spraying the chemical onto your skin increases chances of breathing it in, which is even more problematic than the fact that you absorb it through your skin. To get a natural tan without these health hazards, try out organic spray tans and lotions with the following characteristics:









Made DHA-free

Made paraben-free

Made with plant-based oils like soy, jojoba, and calendula



Made without fragrances, preservatives, or emulsifiers

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Made without petroleum ingredients like mineral oil or sodium lauryl sulfate

Eco-Friendly Swimsuits



To get beach ready, you'll need to suit up in something that's less harmful than conventional beach clothing. Check out these guidelines for choosing an eco-friendly swimsuit in anticipation of warmer weather:

Upcycled materials: Several swimwear companies now carry suits made of upcycled materials - vintage fabrics and manufacturing-floor cuttings that have been rescued from landfills.

Recycled fabrics: Using modern recycling methods, some swimsuit makers are using fabrics composed of recycled nylon or polyester fibres that have been re-manufactured from scraps and discarded clothing.

Locally made: If you can purchase locally-made, all the better, as these will have travelled less to get to your local swimwear store.

Organic: Choose a swimsuit and cover-ups made of organic cotton or organic hemp - both options which have a much smaller environmental footprint than synthetic fibers. Three certifications to look for: Oeko-Tex, GOTS, and Ecocert.

Cultivate a Green Beach Body Workout



Photocredit: Flickr / puuiki beach

Get your body in beach-ready condition without adding a toxic load to the planet. These green exercise tips will help you stay eco-friendly while exercising your way fit:

Workout at home: This eliminates greenhouse gas emissions from the trip to and from the gym. Go greener by choosing a fitness routine that relies more on self-resistance than bulky, resource-heavy, energy-intensive

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equipment.

Join a green gym close to home: If working out at home isn't your shtick, choose an eco-friendly facility. They are greener because they use energy-harvesting equipment, reduce water consumption, and minimize cleaning chemical use. Plus using shared equipment reduces the quantity of resources needed to fuel your routine.

Work out outside: Getting out into the great outdoors under your own power slashes the need for power-hungry workout equipment like treadmills and elliptical machines. Plus, it'll boost your mood to be out in nature.

Use a reusable bottle: Stay hydrated by ensuring you use a stainless steel, glass, or BPA-free plastic reusable bottle rather than one-use disposable water bottles.

Dress green: Gear up with clothing and equipment made of recycled materials and by companies that minimize toxic effluents. See the tips above for choosing eco-swimsuits for guidance.

Tap into these greener beach-prep techniques and you're sure to be in shape for your next eco-friendly trip to la playa!

About the Author:

Maryruth has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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