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Earth Day fitness: Must-have eco-friendly fitness gear

Eco-Inspired Fitness Gear

- Posted on Mar 15, 2011 1:01 PM by Tana Johnson
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Just in time for Earth Day, get moving with these fabulous eco-friendly fitness finds in exercise wear and gear! Good for you and the planet – SheKnows.com highlights the top planet-friendly picks designed for a fit and active lifestyle this spring.

6 Eco-fabulous bag: Hadaki Mega Tote

Transition from work to the gym in style with the Hadaki Mega Tote! Extremely roomy, with four interior pockets for all of your necessities and a key hook, the tote features a zippered top to secure all of your valuables inside while on the go. Environmentally friendly, AZO-free and made of recycled paper, this eco-fabulous tote bag can hold it all – from laptop to baby's gear to toiletries to workout wear!



7 Fitness Meets Fashion: Restore Clothing

Designed for the lifestyle that crosses over, Restore Clothing offers a variety of stylish, functional, sustainable clothing items that are made from earth-friendly and organic materials.

The gorgeous draped-front top flows easily from the boardroom to the trail after work, offering versatility and glamour infused with comfort. Made of Repreve recycled




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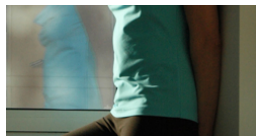
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nylon, the top is available in three beautiful colors.

8

Minimalist Style: Kigo Curv Footwear

Flexible yet tough, the kigo curv has been designed for athletic pursuits, commuting or just everyday wear. Light as a feather at a mere 4 ounces per shoe and made from post-consumer and eco-friendly materials, this stylish Mary Jane was developed specifically for women as a chic, comfortable shoe. Featuring a durable rubber outsole with feminine details, the kigo curv is anti-microbial and extremely versatile – plus it packs easily when traveling or hiking!



9

Hip Meets Health: K&J Sunprotective Clothing

When heading outside with little ones, keep them protected from the sun's harmful rays with k&j sunprotective clothing, specifically designed for children ages 0-24 months. Each retro-inspired shirt is not just stylish, it blocks 99 percent of the sun's harmful rays when worn. Both fashionable and functional, these sun-protective tees are an ideal option for protection for babies 6 months or younger, who cannot wear sunscreen. Parents everywhere will love that baby is both protected and comfortable, as the T-shirts are 100 percent cotton, chemical-free and tagless.



10

May the Force Be With You: YogaForce A-Line Mat

Aligning both body and soul with ease, the YogaForce A-Line Mat allows you to master yoga poses by using simple alignment guides drawn on the mat. The patented A-line shape gives you more room to maneuver during your yoga practice in class, and is both ergonomic and eco-friendly. The mat is free of latex and fully recyclable, and can be easily wiped clean. Weighing in at only 4 lbs., it features a removable wallet to hold valuables, and a hands-free adjustable strap for the urban yogi on-the-go.



11

Serene Style: Rumi Messenger Bag

Keep 22 plastic bottles out of landfills with every Rumi Messenger Bag created! Haiku has designed a clever, eco-chic bag that features straps that hold a yoga mat, a water-bottle pocket for hydration while out and about, and a spring clip for keys. Made from eco-friendly cyclePET fabric, which is created from 100 percent post-consumer PET beverage bottles, this elegant messenger bag blends poetry with function. Perfect for any modern Zen woman!



More eco-friendly fitness tips

- More eco-friendly fitness gear
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Tana Johnson

Tana Johnson is best known as "Mom" at Tiny Green Mom, an informative online magazine written expressively for parents interested in all things "green," from tips on living a healthier lifestyle to the latest organic products available for the entire family. Developed by a former educator and massage therapist who is dedicated to sensible, green living for her family, Tiny Green Mom offers fresh content to today's eco-conscious family in one convenient location. For more information, visit www.tinygreenmom.com.

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