

DITCH THE GYM

- ⌘ **Treadmills and elliptical machines are total energy-zappers, not to mention a boring way to burn calories.**
- ⌘ **Each year the U.S. uses 84 billion plastic bags, nearly 17% of the worldwide usage**
- ⌘ **Cancel your gym membership and head outdoors for a run or walk**
- ⌘ **Bonus: You'll save gas and time by starting your workout at your front door**