



Everyday...live fit live green

REUSE

Reuse Sports Bottles *June*

Why is it important to reuse?

Using refillable water bottles and other beverage containers reduces waste and causes the amount of product produced to decrease.

Did you know?

- The amount of water needed to meet America's demand for disposable plastic bottled water requires more than 1.5 million barrels of oil annually to produce the plastic, enough to fuel 100,000 cars for a year.
- The average consumption of water would cost 19 cents a day from a filtered water pitcher and \$4.98 a day if consumed from disposable water bottles.

What items can you reuse?

- Before heading out for the day, fill up a reusable water bottle.
- When hosting parties and events, supply reusable cups, plates, and utensils instead of disposables.
- Use refillable coffee mugs and drink containers, even when purchasing beverages at coffee shops or convenience stores.

Here's how we can go *green*...and save some *green*!

If 50,000 Jazzercisers drank filtered water from the tap in reusable bottles instead of grabbing a new disposable plastic water bottle for one month, we'd save a combined total of about \$7.2 million for the month!

Sources: US Environmental Protection Agency; filterforgood.com

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