



WEEKLY DETOX SERIES

EMPTYING YOUR GYM BAG

THIS WEEK WE TAKE A LOOK IN YOUR BAG & BREAK DOWN THE HIDDEN TOXINS AND OFFER YOU SOME HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

Protect yourself & the planet

YOUR GYM BAG MIGHT BE STOCKED WITH WORKOUT ESSENTIALS — BUT IT COULD ALSO BE CARRYING A HIDDEN LOAD OF HARMFUL CHEMICALS. FROM DEODORANTS AND BODY SPRAYS TO SYNTHETIC ACTIVEWEAR AND PLASTIC WATER BOTTLES, MANY COMMON PRODUCTS ARE PACKED WITH TOXINS THAT AFFECT YOUR HEALTH AND POLLUTE OUR PLANET.

THIS TOXIC GYM BAG AUDIT BREAKS DOWN THE BIGGEST CHEMICAL OFFENDERS AND OFFERS CLEANER, GREENER SWAPS TO PROTECT BOTH YOUR BODY AND THE PLANET.



BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU



The Biggest Offenders

& simple swaps to protect you and the planet



**SYNTHETIC
FAST-
FASHION**



**ACTIVE-
WEAR MADE
FROM
NATURAL
FIBERS**



**SINGLE-USE
PLASTIC
WATER
BOTTLE**



**STAINLESS
STEEL WATER
BOTTLE**



**PROTEIN
BARS &
SHAKES IN
PLASTIC
PACKAGING**



**HOMEMADE
SHAKES &
BARS IN
RESUABLE
CONTAINERS**



**WIRELESS
HEADPHONES**



**WIRED OR
RoHS
COMPLIANT**



**CONVENTIONAL
YOGA MAT**



**NON TOXIC
YOGA MAT**



**STANDARD
DEODORANT**



**CHEMICAL-
FREE
DEODORANT**



Let's Unpack

the hidden toxins



CONVENTIONAL YOGA MATS

TOXINS: PVC (POLYVINYL CHLORIDE), PHTHALATES, EVA FOAM, SYNTHETIC DYES

- **HUMAN IMPACT:** CAN OFF-GAS VOCs (VOLATILE ORGANIC COMPOUNDS), POTENTIAL SKIN ABSORPTION OF HORMONE-DISRUPTING PLASTICIZERS, ESPECIALLY DURING HOT YOGA OR SWEaty SESSIONS
- **ENVIRONMENTAL IMPACT:** NON-RECYCLABLE AND NON-BiodeGRADABLE; RELEASES DIOXINS DURING MANUFACTURING AND DISPOSAL; CONTRIBUTES TO LONG-TERM LANDFILL WASTE

DEODORANT & ANTIPERSPIRANTS

TOXINS: ALUMINUM COMPOUNDS, PARABENS, SYNTHETIC FRAGRANCE, TRICLOSAN

- **HUMAN IMPACT:** HORMONE DISRUPTION, POTENTIAL LINKS TO BREAST CANCER, SKIN IRRITATION
- **ENVIRONMENTAL IMPACT:** RINSED OFF IN SHOWERS, TOXINS ENTER WATER SYSTEMS AND BIOACCUMULATE IN MARINE LIFE



Let's Unpack

the hidden toxins



PROTEIN BARS & SHAKES IN PLASTIC PACKAGING

TOXINS: PFAS (IN WRAPPERS), BPA (IN SHAKE BOTTLES), ARTIFICIAL SWEETENERS, PRESERVATIVES

- **HUMAN IMPACT:** ENDOCRINE DISRUPTION, GUT HEALTH IMPACT, EXPOSURE TO FOREVER CHEMICALS
- **ENVIRONMENTAL IMPACT:** PLASTIC PACKAGING RARELY RECYCLED, ADDS TO LANDFILL AND OCEAN WASTE

WIRELESS HEADPHONES

TOXINS: FLAME RETARDANTS (PBDES), PLASTICIZERS (LIKE PHTHALATES), HEAVY METALS IN BATTERIES

- **HUMAN IMPACT:** PROLONGED EXPOSURE TO FLAME RETARDANTS HAS BEEN LINKED TO HORMONE DISRUPTION, DEVELOPMENTAL ISSUES, AND REDUCED ATTENTION IN CHILDREN
- **ENVIRONMENTAL IMPACT:** E-WASTE CONTRIBUTES TO SOIL AND WATER CONTAMINATION; IMPROPERLY DISPOSED ELECTRONICS LEACH TOXINS INTO THE ENVIRONMENT

SYNTHETIC WORKOUT CLOTHES (FAST FASHION ACTIVEWEAR)

TOXINS: PFAS (FOREVER CHEMICALS), AZO DYES, MICROPLASTICS FROM POLYESTER/SPANDEX

- **HUMAN IMPACT:** SKIN EXPOSURE TO CHEMICALS, ESPECIALLY WHEN SWEATING; PFAS LINKED TO FERTILITY AND IMMUNE ISSUES
- **ENVIRONMENTAL IMPACT:** SHED MICROPLASTICS IN LAUNDRY, POLLUTE WATERWAYS AND OCEANS

SINGLE-USE PLASTIC WATER BOTTLES

TOXINS: BPA, PHTHALATES, ANTIMONY

- **HUMAN IMPACT:** HORMONE DISRUPTION, ESPECIALLY WHEN BOTTLES ARE REUSED OR HEATED
- **ENVIRONMENTAL IMPACT:** MAJOR CONTRIBUTOR TO PLASTIC POLLUTION, RARELY RECYCLED PROPERLY, PERSISTS IN THE ENVIRONMENT FOR HUNDREDS OF YEARS

Rewrap to protect:

Essentials That Honor Your Health & the Planet



YOGA MATS

MATS MADE FROM NATURAL RUBBER, ORGANIC COTTON, CORK, OR JUTE

CHOOSE PVC-FREE, NON-TOXIC, AND BIODEGRADABLE OPTIONS

PROTEIN BARS & SHAKES

WHOLE-FOOD SNACKS IN REUSABLE CONTAINERS OR COMPOSTABLE PACKAGING

DIY PROTEIN SHAKES IN GLASS JARS OR STAINLESS STEEL SHAKERS

DEODORANT & ANTIPERSPIRANTS

NATURAL DEODORANTS FREE OF ALUMINUM, PARABENS, AND SYNTHETIC FRAGRANCE

LOOK FOR MAGNESIUM, BAKING SODA, OR ARROWROOT-BASED FORMULAS

ACTIVEWEAR

ACTIVEWEAR MADE FROM ORGANIC COTTON, HEMP, OR RECYCLED PLASTIC

CHOOSE DURABLE PIECES THAT DON'T SHED MICROFIBERS OR HAVE PFAS-FREE CERTIFICATIONS

HEADPHONES

CHOOSE WIRED HEADPHONES OR MODELS LABELED ROHS-COMPLIANT (FREE FROM HAZARDOUS MATERIALS LIKE LEAD AND MERCURY)

USE EMF-REDUCING OR LOWER-RADIATION DEVICES WHEN POSSIBLE

ENCOURAGE DEVICE-FREE BREAKS TO LIMIT EXPOSURE AND SUPPORT ATTENTION SPAN

WATERBOTTLE

REFILLABLE STAINLESS STEEL, GLASS, OR BPA-FREE REUSABLE WATER BOTTLES

CHOOSE INSULATED OPTIONS TO KEEP DRINKS COLD ALL DAY WITHOUT LEACHING CHEMICALS