



With over 30 years of experience, American Leisure, the prominent New York lifestyle management company, is leading the way in operating environmentally conscience residential Lifestyle Centers.

We are developing a road map for residents on how to go Green. We are offering tips on how to go Green with one's daily life with strategies for greener living.

## Going Green with American Leisure



### Monthly Green Tips:

Our E-newsletters feature seasonally appropriate green tips to encourage, educate and inspire individuals and families to lead a cleaner lifestyle that impacts the environment, their health in a positive way through small and simple steps that encourage conservation, recycling, health and preservation.

### Example of Our Recycle Programs:

Shoes that are too worn out to give to charity, cell phones that are outdated or no longer needed, computers that should be deconstructed instead of thrown into a landfill and eyeglasses that you have grown out of; these are all things that can be recycled, donated, reused or refurbished. American Leisure runs drives to collect these materials in the hope that our residents will see the simplicity of making a donation with something that would otherwise be thrown away.

### Greener Swimming Pools:

American Leisure is versed in methods other than conventional chlorine systems i.e. sanitation with ozone and ionizing equipment that rids amenity space of chlorine odor, stains and the hazards that come with chemically cleaned pool systems. Another method is salt generating systems.

### Green Spas:

Spas treatments help reduce stressors of modern life — pollution, toxins and waste. We use organic and natural skin care products in our treatments which in turn provides clients with a healthier experience. Synthetic products may produce quick results, but can actually cause damage. Natural products ensure long-term health and beauty.

## Be Green Now

### Biodynamic Vines

Come taste delicious wine from organic and biodynamic vineyards from around the world and learn what it takes for a wine to carry such a label.

### Calculating Carbon

This event is centered around learning how to calculate your personal, family or business carbon footprint as well as learning simple ways to reduce it through recycling, using different products and changing some simple habits.

### Green Tea Tai Chi

Wu dang style Tai Chi is one of the oldest styles of Tai Chi. It emphasizes circular motions of the body connecting all joints to the spine and the hip. This is a great alternative or addition to a yoga or Pilates class. Enjoy a cup of hot green tea afterwards!

### A Personal Guide to Living Green

Join American Leisure's own Brian Charlton, CHHC, AADP, as he guides you through living green in NYC. Get information to experience new markets, restaurants and stores to purchase healthy and more environmentally friendly products. Enjoy free samples of organic smoothies and tips to make your own meals more soul satisfying.

### Film Screening: "An Inconvenient Truth"

"You owe it to yourself to see this film," writes Roger Ebert. Enjoy a night in filled with eye-opening and compelling views of the future of our planet and civilization. Cut through the myths and misconceptions of global warming as former Vice President Al Gore presents the persuasive argument that we must act now to save the earth. BECOME PART OF THE SOLUTION.

# Newsletter and Flyer Sample Information

## Living Green

Set your thermostat a degree warmer for AC (summer) and a degree cooler for heating (winter):



And you could save \$100 on your utility bill, every year.

If every home in America turned the dial, we could save over \$10 billion per year in energy costs. That's enough savings to provide every person in Iowa with electricity, gasoline and natural gas...for an entire year.

The US uses \$1million of energy every minute. Turn the dial and help lower that number.

## Walk towards Green Living



Join American Leisure and Nike as we get healthy personally and globally. Join our 3 month walk-a-thon and donate your used sneakers to the Nike's Reuse-a-Shoe Program.

American Leisure wants to show you how easy it is to lose and/or maintain your weight. The secret: Walking. Walking is done everywhere, by everyone, so why does it seem to be our goal to limit it? If we walk more, we burn more calories and help keep our weight in check. 10,000 steps per day are all you need to be considered a "Very Active" person. "Very Active" people are those considered to have improved health and wellness. Walk on board with American Leisure to start your goal of 10,000 steps per day.

In addition, your feet need to be tuned up every 3 months just like your car. Tuning up your feet requires new support: sneakers. Those old ones, however, still have substance to them that can help the environment. After 3 months on the Walk Towards Green Living Program donate your sneakers to be recycled into basketball courts, football fields and new sneakers with the Nike Reuse-A-Shoe program.

## American Leisure Quick Fix



### Simple carbs vs. Complex carbs:

Simple carbs are found in white breads, muffins, regular pasta and most cereals. These carbs are nutrient deficient and will only keep you satisfied for a short period of time.

Complex carbs are what fruit, vegetables and whole grains consist of. These breakdown much slower, are rich in nutrients & vitamins, keep you feeling full and give you energy over a longer period of time.

## Weekly Green Tips

**Microwave Safety:** Microwave food in glass containers only. This is the only way to ensure toxins in plastic do not seep into your food. Just because a container is labeled as microwave safe, doesn't mean it won't leaked out toxins when heated. Microwave safe means the plastic will not melt when heated.

**No More Junk Mail:** Help preserve 16.6 billions gallons of water, 100 barrels of oil and keep 3.5 millions tons of carbon dioxide from being released all by reducing junk mail, including catalogs. Unsubscribe to unread magazines and catalogs and recycle those you do get by taking them to nursing homes, schools and other organizations. To stop junk mail being sent to your household, go to [DMAConsumers.org](http://DMAConsumers.org) to be put on the list to stop unnecessary mailings.

**Chemical Free Homes:** Clean without worry. When looking for new cleaning products, check the label first. Look for ingredients such as grain alcohol instead of toxic butyl cellosolve as a solvent; coconut or other plant oils rather than petroleum in detergents; and plant-oil disinfectants such as eucalyptus, rosemary or sage rather than triclosan. Cleaning your home with these toxic chemicals kills germs and bacteria, but so do these natural oils and solvents. Which ones would you rather have in your home?

## American Leisure's GREEN Top 10 List to LIVE THE LIFE GREEN.

1. Bring you own bags when shopping.
2. Refill a water bottle, don't buy a new one.
3. Turn off the faucet while brushing your teeth.
4. Don't take extra napkins if you will not use them.
5. Do not shave while in the shower.



6. Use mass/public transportation.
7. Wash clothes in cold water.
8. Use air dryers to dry hands instead of paper towels.
9. Make your own compost from decomposable trash.
10. Blow-dry hair only 3-4 times per week.