

# Fitness Checklist

Think you're fit? Each month, grab a copy of our fitness checklist and check off the items you complete! When you've completed 10, turn your checklist in for a chance to win a prize! There will be a new kind of "fitness" to work on each month!



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## Hours:

Mon.-Thurs.: 10am-8pm  
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# Environmental Fitness

September 2011

- Switch lightbulbs to energy-efficient models
- Install a navy shower in your home
- Switch to reusable cloths (microfiber or old rags) instead of paper towels
- Get a rainwater barrel and get a rebate from the city of Austin: [bit.ly/nPQVcN](http://bit.ly/nPQVcN)
- Buy natural household cleaners (or make your own!)
- Upgrade to a water efficient washing machine and get a rebate from the city of Austin: [bit.ly/pBZi3X](http://bit.ly/pBZi3X)
- Switch at least one frequently purchased food item (milk, fruit, vegetables, etc.) to its organic version
- Start a compost bin
- Ride a bike or walk somewhere you would have driven
- Visit one of Austin's local farmers' markets
- Dispose of your hazardous waste properly: [bit.ly/csKwko](http://bit.ly/csKwko)
- Check your tire pressure — too-low pressure can affect your gas mileage
- Check on caulk and weather stripping to make sure your home is properly insulated
- Take reusable bags to the grocery store instead of using paper or plastic
- Take the City of Austin's Green Neighbor Challenge: [bit.ly/q3mwTd](http://bit.ly/q3mwTd)

