



Maryland Green Registry MEMBER

The Maryland Green Registry promotes and recognizes sustainable practices at organizations of all types and sizes. Members agree to share at least five environmental practices and one measurable result while striving to continually improve their environmental performance.

Fit In BoonsBoro

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Boonsboro, Maryland 21713
301-432-5206
www.FitinBoonsboro.com
Fitness Center
Member since February 2014

Management and Leadership

Environmental Policy Statement

Fit In Boonsboro offers a holistic approach to help people live their lives in a healthier way. As part of this mission, we strive to protect our environment by reducing harmful chemicals and promote eco-friendly products that minimize impacts on our environment.

Environmental Team

Our Fit Team Leaders consist of the Manager and Assistant Manager. We are a very small facility so informal meetings take place daily to review inventory and go over any new changes we need to make in our facility. Our commitment to making our facility be as green as possible will be posted in our monthly e-Newsletter and we will update our staff with any changes through monthly e-mail updates.

Our staff and our clients are aware of and participate in our recycling program. We will send out occasional emails to our members to remind them about recycling as well as to encourage them to carpool and refill their water containers.

Most of our clients are very conscious of eating well and protecting the earth and our Team all agrees that by making new small changes the impact on our environment can be great.

Annual Environmental Goals

One of the new environmentally friendly changes we plan to make in the upcoming year is to use the GoodGuide to help with future purchasing decisions. We're specifically looking at purchasing recycled content paper towels and toilet paper for all bathrooms and ordering water bottles for retail made of recycled plastic.

Environmentally Preferable Products and Services

In addition to operating our facility in a way that minimizes environmental impacts, we encourage members to drink water from reusable bottles, and purchase organic, locally grown products when available. We currently retail aluminum water bottles that can be used while working out as well as at home, limiting plastic bottle waste and offer soaps and lotions from a local business.

We are also exploring offering online work outs which would reduce individual travel, but would also be great for members who might not be able to come into the gym during winter months and bad weather conditions.

Environmentally Preferable Purchasing

We purchase soap, lotions, and cleaning products in bulk and refill smaller containers for use around the facility. Our soaps and lotions are purchased from a local company, Cedar Ridge Soaps. We also have fresh apples available to our members for free and purchase them from a local farmer. When our building was renovated, rapidly renewable bamboo flooring was chosen.

Environmental Restoration or Community Environmental Projects

As an active business member in the community, our business participates in the annual Boonsboro Green Fest each year. We also support other event planners and offer electronic registration when available.

Fit In Boonsboro has also given away hundreds of fabric bags to carry anything from groceries to books.

Waste

Solid Waste Reduction and Reuse

We have created an inventory list to be more efficient in our use of products and to avoid waste due to over ordering. We reuse where possible. For instance, our cleaning is done with white cloths recycled from the locker rooms.

In order to decrease office paper waste, we encourage the use of the web site for schedule changes, notifications, forms, and correspondence rather than printed documents. We also print on the backside of printed documents and reuse printed documents for scrap paper or crafts.

We have water fountains in the facility and encourage the use of recycled . We are also exploring becoming a Partner of [TapIt](#), a program that allows members, as well as non-members, to come into our facility to refill their water bottles.

Recycling

We have recycling containers clearly labeled throughout our facility and recycle all plastic, metal, glass containers, cardboard and paper products.

Energy

Energy Efficiency

Fit In Boonsboro has implemented a number of measures to improve our energy efficiency:

- We have replaced 86 light bulbs with EnergyStar CFL bulbs. This change is reducing our annual energy usage by 13,623 kWh, reducing our CO₂ emissions by 20,980 lbs saving us \$1,751 each year.*
- We launder our towels and sheets using high efficiency washers and dryers.*
- We have installed high efficiency HVAC units.*
- We schedule regular maintenance on our HVAC units.*
- Our space has been designed to maximize natural lighting.*
- The windows have been tinted to keep heat from the sun to a minimum during the summer.*
- We encourage staff and members to turn off all lights, fans, and all electronics when rooms are not being occupied, and*
- We regulate our Sauna and Steam Room so that the steam only runs during peak hours and the heat in the sauna is on a timer.*

Transportation

Employee Commute/Customer Travel

As a local facility in a small town, many of our members walk or bike to the gym. Walking, running and biking to the gym as a warm-up is something that we will continue to encourage and we have installed a bike rack outside the building. Many of our members also carpool.

Water

Water Conservation

Our high efficiency washing machine reduces water use.



Help build a greener, more sustainable Maryland through voluntary practices that reduce environmental impacts and save money.

Learn more at www.green.maryland.gov/registry

