

We are committed to promoting the vital connections between personal wellbeing, resource sustainability, and the health and regeneration of our planet. We recognize that consciously managing our environmental footprint is key to our success and the time to act is now.

We understand that green principles, products, and technologies are continually evolving. We intend to remain responsive to these developments, and apply "best environmental practices" in ways that will make a difference for our employees, clients, and our local and global community.

The purpose of this pledge is to commit to the following

1. Provide and promote earth-friendly products, services, and business practices.
2. Network and share environmental awareness, resources, and inspiration both within the organization and throughout the wellness community.
3. Share sustainability efforts with clients, customers, and guests to raise awareness of the connection between personal and planetary wellbeing.

As a member of the wellness community, I pledge to:

1. Limit Plastics

Refuse single-use plastic products and packaging in your business and encourage staff and customers to participate. Replace straws, coffee cup lids, cutlery, plastic cups, bags, and packaging with paper, glass, stainless steel or other recyclable choices. Replace all plastic bottles with boxed water or water in recyclable aluminum cans, install refillable water stations, offer guests reusable water bottles that are not plastic. Create signage and regular communication to help staff and customers avoid single-use plastics.

2. Reduce Water Usage

Replace all shower heads and faucets with flow restricting, water-efficient fixtures. Modern low-flush toilets can reduce the amount of water used per flush by more than 50 percent compared to older styles. Keep up on maintenance to reduce the amount of water lost through toilet or sink leaks. Place signs in guests' rooms to suggest the reuse of towels to save on laundry. On property grounds, plant drought-tolerant landscaping that is less demanding on water supplies and irrigate late at night or early in the morning to reduce evaporative loss.

3. Recycle

Study your state's recycling requirements and manage recycling opportunities throughout your workplace. Provide clearly labeled recycling containers to educate your staff and guests. Pay special attention to recycling linens, sheets, towels, and clothing properly as these items are known to clog landfills.

4. Switch to Alternative Energy

Determine if solar, wind, and other renewable energy solutions will work for your business. Many energy companies offer free assessments and improvements like LED lightbulbs, more efficient heating systems, and improved insulation. Get guests involved by placing cards in each room that encourage them to turn out the lights when they leave.

Many state, regional, and local municipalities have programs that help small businesses perform energy audits and efficiency upgrades. These investments have an immediate financial return and add marketing value to your business. Contact your local power provider for guidance. The Small Business Association has a list of resources by state: <https://www.sba.gov/content/state-and-local-energy-efficiency-programs>

5. Plant Trees

Plant trees as part of your sustainability commitment in your business, at home and in your community - spread the word about carbon sequestration

- GSN created the Tree Planting Initiative to mobilize the spa industry to plant 1 million trees! The Initiative is premised on the critical and urgent need to regenerate the earth using trees' natural abilities to reverse climate change.
- To join, visit <http://greenspanetwork.org/gsnplantstrees/>



6. Choose Organic

Whether it's food or products you ingest or place on your skin, ingredients and soil matter. If you are eating a plant or putting product on your body that has been grown in soil treated with harmful fertilizers or chemicals, you're eating or absorbing them in your body. Know your supply chain and be sure the products you consume, sell, and provide to your customers are made of pure, organic materials and ingredients.



7. Reduce Meat and Dairy Consumption

Grazing land for cattle is the main cause of deforestation and biggest destroyer of forests and rainforest. Additionally, raising cattle adds to the global warming crisis because of cows' release of methane gas that increases emission of CO₂ into the atmosphere.

Help to protect these resources by adding "Meatless Monday" to your weekly menu and make a conscious effort to reduce meat and dairy from the menu list. Let guests know that by choosing vegetarian or vegan options, they are helping to fight climate change by saving trees and reducing carbon emissions.

8. Increase Education

Know the facts about climate change, renewable energy, and ocean preservation and share with your networks, staff, and customers. The more awareness we can create, the better chance of fostering lasting, positive change

I will make a difference and create positive change. GSNPlanet can count on me to implement these 8 steps above to help create a greener future for the planet and the people on it.

Limit Plastics

Learn more:

<https://greenspanetwork.org/2019/07/31/plasticfreejuly-and-beyond/>

<https://greenspanetwork.org/2019/07/03/choose-to-refuse-celebrating-plastic-free-july-in-your-business/>

Resources:

<https://www.plasticpollutioncoalition.org/guides>

<https://www.plasticfreejuly.org/get-involved/what-you-can-do/category/for-business/>

Suppliers:

<https://lifewithoutplastic.com/store/> <https://boxedwaterisbetter.com/> <https://drinkopenwater.com/>

Suppliers:

<https://www.deltafaucet.com/design-innovation/innovations/shower/water-efficient-products>

Recycling Guidelines Contact Information per State

<https://www.marthastewart.com/1526127/where-to-recycle-by-state>

<https://plasticsrecycling.org/resources/state-recycling/general-recycling>

Learn more:

<https://www.globalchange.gov> <https://www.conservation.org/> <https://www.unenvironment.org/>

