

**Exercise your potential.**



### **Operation Greenspace: Easy Fixes to Enjoying an Eco-Happy Life**

Operation Boot Camp is helping Atlantans get in shape and adopt a healthy lifestyle, while increasing appreciation and support for Piedmont Park and other local green spaces through Operation Greenspace. Operation Greenspace highlights parks as fitness locations and inspires everyone to get out and enjoy their local parks. Operation Boot Camp kicked off Operation Greenspace this weekend by partnering with the Piedmont Park Conservancy to help clean up the off leash dog park in Piedmont Park.

Going green doesn't have to mean an overhaul to your entire lifestyle. Whenever you have the opportunity to reduce, reuse or recycle, you are making a difference. Even if it's a small one, you should feel really good about it. As part of Operation Greenspace's commitment to helping the environment, following are four easy changes that can help you enjoy an eco-happy life.

1. **Reusable water bottles.** One of the easiest changes you can make is to purchase a re-usable bottle to use as often as possible in place of plastic bottles that are disposed after one use. Make sure you get one that is dishwasher safe so that you can clean it thoroughly.
2. **Buy local.** Choosing food that's grown, raised, or caught within a few hundred miles of where you live lowers CO2 produced by transporting it. You may pay a bit more in the grocery store, but buying locally grown products helps the earth because less fuel is required to transport your products to market.
  - Enjoy Atlanta's Green Market, nestled beneath the dogwoods and located near the Visitors Center, the open-air market welcomes you to shop locally grown produce, fresh cut flowers and herbs, artisan's crafts, and natural beauty products. The fourth annual Green Market for Piedmont Park returns every Saturday from May to October, 9:00am to 1:00pm at the 12th Street and Piedmont Avenue entrance.
3. **Bring cloth bags to the market.** Tote your own cloth bags to the store instead of plastic and paper bags, reducing waste and requiring no additional energy.
4. **Use compact fluorescent bulbs.** Replace three frequently used light bulbs with compact fluorescent bulbs and save 300 pounds of carbon dioxide and about \$60 a year.

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