

GREEN SPORTS HERO – ANYONE CAN BE ONE!

1. Rule: I roll up to practice on foot, bike, scooter, skates, bus, train, or share a ride with friends.

This way, I warm up and get moving before the training, while also contributing to reducing emissions.

2. Rule: No plastic bottle for me, I drink from a glass bottle!

And if I'm thirsty, I'll dash to the tap and hydrate with that refreshing water, the ultimate energy and health source for our bodies.

3. Rule: I'm all about that waste separation game, plus I donate usable sports equipment.

This way, I help process as much waste as possible and reuse materials. Even better, if I don't generate waste in the first place, so I only buy essential things and make sure they are used for as long as possible.

4. Rule: I don't drink, vape, or smoke. I'd rather be active in sports than constantly glued to my phone.

Drugs and alcohol don't make me more popular. They only distance me from my desired sports goal. Hanging out with friends in person is always more fun than on the phone.

5. Rule: Every week, I do something good for myself, for others, and for the environment.

I pick up trash while walking in nature. When I leave a room, I turn off the lights. I bring joy to my older neighbor by visiting her and getting her something from the store. And I got more tricks up my sleeve!