

How do you become a Sustainable Athlete?

The earth is heating up, oceans are full of plastic, and people in sports are going for quick-fixes that are unsustainable for their health and environment.

Follow the path and contribute to a positive change in sports.



CLIMATE

The earth is expected to heat up as much as **1.5°C** by 2040.

MEAT CONSUMPTION

14-18% of greenhouse gas emission is caused by animal agriculture. People eat on average **77kg of meat** each year.

INJURIES

10 major injuries occur for every 10,000 hours of training, costing €400 million annually in the Netherlands.

PLASTIC

Major sports events can waste up to **750,000 plastic bottles**.

Change your **movements** instead of doing simple repetitions



Eat **more plants** and fewer animals for protein



#MOVEBETTER

Replace sugary snacks for quick **energizing exercises** throughout the day



THE TIME IS NOW

#SUSTAINABLEATHLETE



Consume **intentionally** and more mindful

#BEATPLASTICPOLLUTION

Bring your own **reusable water bottle** rather than buying single-use plastic ones



Choose **local in-season foods** over products from far away



Clean up and **leave no trace** while training



YOU ARE NOT ALONE, WE'RE HERE TO HELP!
JOIN THE TRIBE!

www.sustainableathlete.org



sustainable athlete
foundation