

## **One Week Free of Plastic Challenge**

KijFit is a health movement and physiotherapy practice founded by Kije Brinkhoff. By providing all kinds of different challenges that are accessible for everyone, we hope to introduce as many people as possible to a more sustainable lifestyle.

An important factor of a more sustainable lifestyle is living more consciously. With our challenges we try to make people more conscious of their nutrition, sleep, activity or how we affect our planet. This contributes to a healthier lifestyle for 'body, mind and planet'.

In this document KijFit provides you with tools and knowledge to start or try out a new challenge. But we advise you to always stay critical and do your own research. Join the challenge, like and share to inspire people to do the same.

### **Before you start**

We always want to remind you in advance of every KijFit Challenge that it is not about the results. It's all about the experience and what we can learn from it. No one is perfect!

### **To help you get started:**

Almost all food is packaged in plastic nowadays, which makes it very difficult to eat anything without producing plastic waste. We've listed some tips and tricks that will hopefully help you get started for the week:

#### Groceries

1. Always take your own bag when going to the supermarket
2. Buy aluminium cans and glass jars (glass and metal is way easier to sort out from trash and way easier to recycle)
3. Visit your local vegetable farmer
4. Visit your local bakery where they package your bread in paper, or bring your own packaging
5. Go to the market

#### Daily life

1. Get your own reusable bottle
2. Bring your own food. That way you won't need to buy a 'quick bite' somewhere and produce a lot of unnecessary paper or plastic waste
3. Cook your own food instead of ordering

If you use these tips and tricks, you might notice a slide change in your food pattern. Most of the time, this is for the better!

**Not all plastic is bad.** Because plastic is so indestructible it can also be a really helpful and sustainable product. During this challenge, you can search for new solutions to avoid the plastic that is only used once and then ends up in the trash. For example if you are at a festival or bar and you get offered a plastic cup that you have to return, this will actually be used multiple times.

**If you would like to experience this challenge even better,** ask yourself these questions in advance of the week and after:

- How do you think it will affect your current lifestyle?
- On a scale from 1-10 how difficult do you think it will be to do this challenge?

Good luck and enjoy!

