



PHYSICAL DIMENSIONS INC. – GOING, GOING, GONE...GREEN

Toronto, CANADA (May 4, 2009) – Physical Dimensions Inc. Personal Training Studio and Wellness Center has gone GREEN. “We’ve always been health conscious and an environmentally minded facility, but we’ve recently took a few more steps to ensure we are doing the best we can,” says Niki Aron, founder and certified personal trainer. “Health and wellness not only comes from within, the environment in which you live, work and play is just as important.”

Physical Dimensions uses only environmentally friendly products, none of which have been tested on animals. “Going green is not difficult or expensive. There are lots of products out there, but not all are equal. Some claim to be green, but they aren’t actually 100% plant based and many are still tested on animals. It’s important to do your research.”

The facility benefits from their many windows. The natural sunlight brightens up the training studio and reduces the use of lights. Other changes they have made include eliminating bottled water. Physical Dimensions used to provide complimentary bottled water to their clients but stopped a year ago. Clients were advised to bring their own reusable container or use the paper cups provided by the gym. The facility recently changed their paper cups to an earth friendly corn based cup. “The cups look and feel like plastic, but they are made from corn and 100% biodegradable, plus people think they are really cool.”

Physical Dimensions is a leader in their industry. They offer their clients the complete health package which now includes some green knowledge.

About Physical Dimensions Inc.

Established in 2006, Physical Dimensions Inc. is a personal training studio & wellness center located at Yonge and Eglinton. It is a fresh alternative to the large fitness facilities in the area. Our mission is to become a successful personal training studio and wellness center by providing our clients with all the necessary tools, knowledge and information to maintain a healthy lifestyle in an environment where they feel comfortable and can enjoy themselves.

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