



CASE STUDY

Pilates by Garda

Location:

494 Queen St. Fredericton, NB.

Contacts:

Garda
506-454-8381

Products and Services:

Health and Wellness Center

Date of Case Study:

March 4th 2009

Achievements:

Pilates is known to improve our core strength and our energy level, but what of improving our environmental consciousness? Pilates by Garda does it all! Housing “Eating Right for your Blood Type”, and a massage therapist, Garda’s wellness center urges us to create an environmentally balanced lifestyle, and going green is one major step toward achieving that balance!

Operating since 1998, Pilates by Garda has just recently relocated to a beautifully relaxing space on Queen St. Along with its outer beauty, Pilates by Garda boasts an inner beauty that only a green space can – and it truly does shine through! Garda’s team maintains an environmental balance by providing environmentally certified products to their clients, such as organic snacks and teas, and by replacing plastic water bottle with a stylish, organic water filter. Most notably, Garda’s understands the importance of imparting their environmental knowledge to their clients. Pilates by Garda teaches us that improving our core strength includes improving our knowledge of what we can do for our planet; even small things like not using consumer plastic bags!

Garda’s wellness center nurtures our bodies and minds, and with that comes a heightened sense of environmental consciousness. With already 22 credits, Pilates by Garda is a Green Shops Bronze member and will continue teaching us how we can influence the environment in a positive way even more!