



The Student Environment Centre

Student Resource Group
University of British Columbia

Room 2106 - 6133 University Blvd
Vancouver, BC V6T 1Z1
sec.ubc@gmail.com

Eco-Initiatives Form: Above \$500

Name:
Date Submitted:
Contact Email or Phone:
Club or Group Affiliation(s): UBC Pilates Club
Amount Requested: \$672.00
TREASURER USE ONLY:
Approved Modified Denied
Submitted as of:
Notes:

1. Please fill in the fields below to give us an overview of your project:

- **Name of Project:** Yoga Mats for the AMS Pilates Club at UBC
- **Objective or Purpose:** The AMS Pilates Club aims to promote physical activity among UBC students in a safe, fun, and effective way by providing a positive and supportive space where all students can comfortably exercise in. Our mission is to educate and inspire students to lead a more sustainable lifestyle through exercise, a healthy diet, and social activities.
- **Brief Description:** The AMS Pilates Club debuted in September 2017. In only a few months, we have managed to grow significantly. We have two pilates classes a week for our 60 members. To gain more exposure, we have also been looking into collaborations with other clubs. Our club

recently collaborated with the AMS Boxing Club, in which pilates and boxing instructors tried each others workouts, alongside with our members. It was a huge success and attracted individuals that had never done pilates before. We are planning collaborations with the Yoga Club, Dance Horizons, and the HOPE Club. We are also hoping to have “Puppy Pilates” where attendees can enjoy the presence of dogs while attending a pilates class. We believe that through innovative ideas like these, we can grow our club to positively influence the physical activity of hundreds of UBC Students.

- Project Date(s): September 2017 - April 2018
- Expected Attendance: We attract around 25 people per class and 50+ people for our larger events.

2. **Outline how your project pertains to the environment and/or contributes to sustainability at UBC (approximately 200 words).**

Purchasing prAna yoga mats aligns with a handful of UBC sustainability initiatives including the Zero Waste Action Plan, Sustainable Purchasing, Re-use it! UBC, and Social Sustainability initiatives:

1. **Zero Waste Action Plan:** While other yoga mats may be made of PVC, polyurethane, etc., prAna yoga mats are recyclable and made of Thermoplastic elastomer (TPE), which is more environmentally friendly than other standard yoga mats. The TPE material uses non-toxic materials in its production.
2. **Sustainable Purchasing:** PrAna yoga mats are a more sustainable alternative to most standard yoga mats, which use less environmentally sustainable materials. Furthermore, prAna goes out of their way to make their practices as sustainable as possible. Not only do they seek out sustainably sourced materials, but they also ensure that their employees are treated fairly and are one of the first major clothing companies to offer Fair Trade Certified products.
3. **Re-use it! UBC:** After each pilates class, we clean the yoga mats accordingly so that they can be reused by another club member next class. We pride ourselves in taking good care of our mats, which will ensure a prolonged life of every yoga mat. This ultimately helps our club save money in the long run, while also helping the environment. Once a mat has to be retired, it will create minimized waste because it's able to be recycled.
4. **Social sustainability:** Our club will utilize the yoga mats for pilates classes which are open to individuals of any age, gender, athletic ability,

sexuality, race, ethnicity, etc. to join. We will provide a non-discriminatory environment and encourage others to join us in empowering each other and building a more positive community at UBC. PrAna also has multiple programs that support and encourage sustainable practices, such as their Fair Labour Association.

Through these mats, we can promote eco-friendly purchasing and alternatives to our members. Our club currently has 20 yoga mats to lend out to participants, but we are in direct need for more as our club is rapidly growing.

Please feel free to check out prAna and all their sustainable practices:

<http://global.prana.com>

3. How will you document the successes and challenges of your project? In what ways do you foresee this documentation aiding future environmental and sustainability initiatives (approximately 200 words)?

We document our club's successes and challenges through social media. For example, we've made fun YouTube videos and we update our Facebook and Instagram pages frequently. We also have a category on our website titled "Our Projects" to showcase the events that we have hosted.

Sustainability is important to our club, and we will mention the fact that our mats are environmentally sustainable to our members. We will also urge them to check out prAna and all their sustainable initiatives and partnerships. We will urge them to move away from regular mats that are made of PVC or rubber and work together to make a more sustainable future.

The links to our social medias are as follows:

UBC Pilates Website:

<https://ubcpilatesclub.wixsite.com/ubcpilatesclub>

UBC Pilates YouTube:

https://www.youtube.com/channel/UCJcdeBvbrC0eS5F9eW8-kg/videos?view_as=subscriber

UBC Pilates Facebook:

<https://www.facebook.com/ubcpilatesclub/>

UBC Pilates Instagram:

<https://www.instagram.com/ubcpilatesclub/>

4. For most funding requests of this amount, SEC would like to see other sources contributing to the financing of your project. Are you pursuing

any other sources of funding? If so, what are those sources, how much are you expecting to receive from them, and what will those funds be put toward? We can help you identify other sources of funding.

We have received the Benefit Grant from the AMS for \$431 and all this money has been used to partially cover the purchase our first 20 eco-friendly mats (\$716.80). Our finance team has applied to the Utown@UBC Wellbeing Grant for \$1000 but unfortunately they were unsuccessful. We are currently looking into other grants such as the Walter H. Gage Memorial Fund. We are also actively looking for sponsorships and have been developing a sponsorship package to give to sponsors. However, a lot of the grants that we've applied to so far aren't focused around sustainable living but sustainability is something that our club is really passionate about. We believe that though it is more costly to invest in eco-friendly yoga mats, it will make a more positive impact on the UBC community and reduce our club's carbon footprint in the long run. Furthermore, not only do we need more yoga mats, we would also like to purchase a microphone and speakers to enhance the quality of our classes as well as have extra funds to put towards bigger events we plan on hosting.

5. What aspect(s) of your project will SEC funding be used for? Be as specific as possible with the allocation of funds.

As a club, we highly value sustainability and prioritize supporting environmentally friendly operations. All of the SEC funding will go towards buying prAna yoga mats. We are choosing to supply our students with prAna yoga mats because they are made with recyclable materials and the company promotes sustainable practices. A more comprehensive comparison between the costs of the mat are as follows:

- PrAna yoga mats cost \$60(+tax) each
- $\$60 \times 10 = \$600 + \text{tax} = \$672.00$
- A cheaper version, the CAP Fitness yoga mats, are only \$9.99(+tax) each, but sadly they are not made out of sustainable materials.

YOUR ORDER SUMMARY



Prana ECO Yoga Mat

\$600.00

Unit price \$60.00

Colour: **Black**

Quantity: **10**

Subtotal: \$600.00

Shipping: free

Tax: \$72.00

[Edit cart](#)

Total: \$672.00

We want to provide all interested students with the opportunity to enjoy our classes and encourage them to participate in an active and healthy lifestyle by supplying yoga mats for those who do not have one. As previously mentioned, we are a growing club and currently only have 20 yoga mats. With a turnout rate of 25-50 students per class, we hope to double our inventory of mats in order to accommodate the demand from our students.

Please feel free to check out prAna and all their sustainable practices:

<http://global.prana.com>