

4Vita at TriStar111 Monaco

TriStar111 Monaco and the 4vita Association are working closely together in order to make the Event sustainable. To achieve this objective the following actions and activities are undertaken:

Eco Action Leave the place the same way as we found it before the event. Or even better!

- **Team information (Friday 31st August 2012)**



All staff members and volunteers are briefed carefully by the 4vita staff before the event how to act sustainable and to be able to transport the mission.

- **Waste management (31st August to 2nd September)**



- The 4vita team organizes and coordinates all **waste systems** along the racetrack with our suppliers looking for solutions to **reduce waste**.

- 4vita also **collaborates with all expositors** in the Expo Village to Reuse, Reduce and Recycle their waste.

- **Ecozones** are installed in all **Energy Stations** for athletes to dispose their waste along the course. After the race we collect all waste of the Energy Stations and bring it to waste collection facilities.

- **Children Activities (Sunday 2nd September)**



Ecology and wellbeing nowadays is incorporated in our children's education. 4Vita reinforces this by organizing an activity that can involve kids during the race teaching them about the local eco habits while having FUN!

- **Healthy Body: ZUMBA Party (Saturday 1st September)**



Let's have fun with **Mandy Ayache**. She will guide us in a Healthy, Latin and Energetic Dance to warm up for the **Akileine escarpins Running Tour!** Mandy will easily make your body flow with the music! See you at 4pm at Larvotto Beach!

WHAT IS 4VITA?



AIM

4Vita's collaborates with Star Events since 2012 and the upcoming years we will work with the TriStar series.

The main goal is to create conscience to take care of you take care of your BODY. In these types of events we aim to create a level of awareness for a Healthy Body, nutrition and sports.

It is time to translate this to Environmental CARE!

What's the point on having a Healthy body if our Planet is not?

Let us guide you, inform you and get involved in your body and planet.

- Check our Website: 4vita.org



Follow us daily for tips and tricks for a **Healthy Planet!**

- Volunteer in our events! **SHOW YOU CARE!**
- Sign up to our Newsletter to receive monthly tips going on with 4Vita, games, contests, and more!



Share with us your ideas for a Healthy body and a Healthy Planet!