

Move it!

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Katie Roberts looks at three eco-savvy labels that will inspire you to get active and adventurous.
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Patagonia

Founded by climbing and adventure enthusiast Yvon Chouinard in 1974, Patagonia is built on the ideal of design and manufacturing integrity and corporate responsibility. This label has stayed true to its laid-back, eco-aware Californian roots (employees enjoy flexi-time to go surfing!) and recently created a line of Fair Trade certified products. www.patagonia.com.au



prAna

prAna creates versatile, stylish, and sustainable activewear clothing and accessories that come with the promise that they are made for and tested by yogis, climbers, and world travellers. With a commitment to traceability, prAna uses ethical labour sources and sustainable fibres like organic cotton, recycled wool, hemp, recycled polyester, and repurposed down. www.pranana.com



Finisterre

This cold water surfing label's name means 'land's end', a reference to the underlying sense of wanderlust that is the Finisterre lifestyle and also to the way the company operates. Built on a desire to sustain the earth, Finisterre are committed to transparent production, traceability, ethical labour, and earth-conscious fibre selection. www.finisterre.com

Two minutes with ...

Amy Ippoliti, yogi, activist and prAna ambassador.



When I travel, my goal is to feel as good on the road as I do at home. Here's how:

- Get enough sleep - this means going to bed as early as I can and waking early.
- Exercise - a workout at the hotel gym, a beach or neighbourhood walk, and if I'm near water and there's a chance of getting out on a Stand Up Paddle Board, I'm all over it!
- Meditation and yoga - I meditate in the morning and then practise yoga in my lunch break.
- Eat well - my first stop when I arrive is the health food store or market to stock up on healthy snacks.
- Be prepared - I always travel with a mini arsenal of supplements, herbs, essential oils and first aid. It's tough coming down with something and not having the herbal formula to make it go away!

Katie Roberts is an environmental scientist focused on sustainability education in the fashion industry. www.sustainabilityinstyle.com