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Kyle House Fitness Achieves green|light Certification

(CHATTANOOGA, NOV. 29, 2018) – Kyle House Fitness (KHF) has recently completed its green|light Certification. A green ribbon cutting ceremony was held last night in celebration of the center's completion of the green|light program and their continual efforts in sustainable living.

As a program of green|spaces, the green|light mission is to work towards sustainability by progressing ways of life and business in Chattanooga. Their focus is locally-owned businesses in the Chattanooga area with an interest in improving their environmental impact by redirecting everyday policies and practices towards a culture of sustainability while also enhancing employee attraction, public image, cost savings, and environmental stewardship. The program tailors a step by step sustainability plan to businesses of all sizes.

Founded by Kyle House and Kyle Miller, KHF is Chattanooga's premier HIIPfit studio designed to keep you looking good and feeling good.

"The Kyles have created a welcoming environment for their clients, driven by their passionate team of trainers and their dedication to the community," said Kelley Cureton, green|light program director. "It always impresses me when a business embraces health and wellness from a holistic approach, going above and beyond to analyze and minimize their environmental impacts. KHF has done just that and more. And from personal experience, the HIIPfit class is an amazing workout!"

In their efforts toward green|light certification, Kyle House Fitness has:

- Community programming including: Give Back days to local charities, meal donations to the Chattanooga Area Food Bank, and charity workouts.
- Eco-improvement competitions for staff and clients including Summer Sweat Games and the 30 Day Challenge, all with the goal of promoting healthy lifestyles.
- Switched out cleaning products to low-chemical, green alternatives to improve indoor air quality.
- Nearly eliminated paper use with electronic booking and waivers.
- Utilized EPB's free Electricity Audit to improve efficiencies: adjusting thermostats for occupied and unoccupied times, turning off lights during off-peak hours.
- Lighting retrofits with all LEDs - even color changing!
- Encouraged reusable water bottle use with UV filtered water station.
- Implemented recycling program for staff and clients.

- Replaced wipes in workout areas with spray bottles and washable cloth - many trees saved!

"Being environmentally conscious has always been important to me, but like most business owners I didn't really know what to prioritize," said Kyle House president and cofounder of [Kyle House Fitness](#). "The team at green|spaces made the entire process of becoming a more sustainable business extremely easy and we couldn't have gotten to this point without them."

Once engaged, green|light tells a business's story by creating a personal eco-policy manual unique to each business, custom signage, marketing, and design work, a green office checklist and a variety of sustainable needs resources. All of these tediously evaluate all policies to save both money and energy.

Chattanooga Area green|light Certified businesses include: EPB, REV Centre for Optimal Living, AEED, Chambliss, Chattanooga Zoo, Crash Pad, Flying Squirrel, Kelly Subaru, Lupi's Pizza, Office Furniture Warehouse, Real Estate Partners, River City Company, Ruby Falls, Sportsbarn, Strand Salon, University of Tennessee Chattanooga, Whiteboard, REV, and Compass Commissioning & Design.

Current Greenlight Participants include: Mad Priest Coffee Roasters, Niedlov's Breadworks, City of Chattanooga, Crabtree Farms, Reflection Riding Nature Center and Arboretum, Chattanooga Choo Choo, Humanaut, 5th Dimension Construction, Elea Blake Cosmetics, Yoga Landing, Calamansi Cafe, CPR Wrap, Bridge Financial Planning, SPOT Venue, Embargo 62, Hummingbird Pastaria, and The Blue Plate.

For additional information about [green|light](#) or to get started with your company's sustainability plan, contact Kelley Cureton at 423.648.0983 or kelley@greenspaceschattanooga.org.

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