



ECOLIFT

Where Strength Meets Sustainability
FEDERACIÓN HALTEROFILICA COSTARRICENSE



Federación Halterofilica Costarricense

FEHACO

Introduction

Our planet is facing unprecedented environmental challenges, but true strength lies not only in lifting weights but also in lifting our communities and the environment. **ECO LIFT**, an initiative by the Costa Rican Weightlifting Federation, combines the values of weightlifting with environmental responsibility, working toward a cleaner and healthier future.

What ECO LIFT is?

ECO LIFT is a project that merges the promotion of **WEIGHTLIFTING** with environmental action. It brings together national-level weightlifters and local communities to:

- **Collect waste and clean up key areas** like beaches and urban spaces.
- **Raise awareness** about sustainability and environmental conservation.
- **Inspire future initiatives** that integrate environmentalism and sport.



The First Stage: ECO LIFT Esparza

The first stage of ECO LIFT took place on **December 6-7** in **Matalimón, Esparza**. The event focused on cleaning and waste collection while showcasing the sport of **Weightlifting** through an engaging weightlifting exhibition.

Key Outcomes:

- **Waste Collection:** Approximately **475 kilograms** of waste were removed from a highly polluted 1-kilometer area.
- **Community Involvement:** Over **85 local residents** participated in the cleanup efforts, joining forces with **15 national-level weightlifters**.
- **Sport Promotion:** A live weightlifting demonstration was held to highlight the strength, discipline, and perseverance of weightlifting athletes.



Future Vision: Expanding ECO LIFT

While this event marks the **first phase** of the ECO LIFT project, the initiative will expand to incorporate **recycling** into future cleanups. Specifically:

- **Repurposing Waste Materials:** Collected plastics, tires, and other recyclable items will be processed to create **training equipment** such as **technical weightlifting plates**.
- **Sustainability Through Innovation:** By transforming waste into useful training tools, ECO LIFT aims to demonstrate how recycling can serve both environmental and athletic purposes.



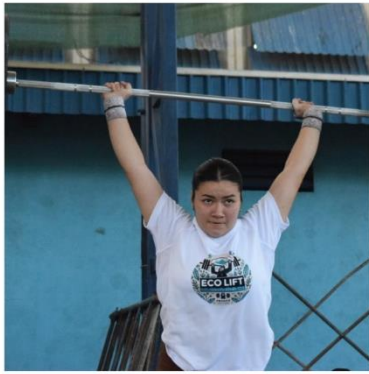
Methodology and Approach:

1. **Target Areas:** ECO LIFT prioritizes highly visible tourist and urban locations to maximize impact and awareness.
2. **Community Engagement:** Collaboration with residents and authorities ensures meaningful participation.
3. **Sport Integration:** Weightlifting exhibitions serve to inspire youth and promote our sport as a discipline of strength and dedication.



Our Partners:

- **Costa Rican Weightlifting Federation:** Leading the project and connecting athletes with environmental causes.
- **Pan American Weightlifting Federation (PAWF):** Providing endorsement and outreach support.
- **Local Authorities:** Assisting with logistics and engaging the community.



Social and Environmental Impact:

- **475 kg** of waste collected, contributing to a cleaner and safer environment.
- Enhanced awareness among **88+ participants** about the importance of sustainability.
- Promotion of **weightlifting** as a sport that builds character, discipline, and community engagement.
- Plans to integrate recycling as a resource for creating innovative training equipment.

Communities Visited: Esparza and Mata Limón

The first phase of the **ECO LIFT** project was carried out in the communities of **Esparza** and **Mata Limón**, located in the **Puntarenas Province** of Costa Rica.

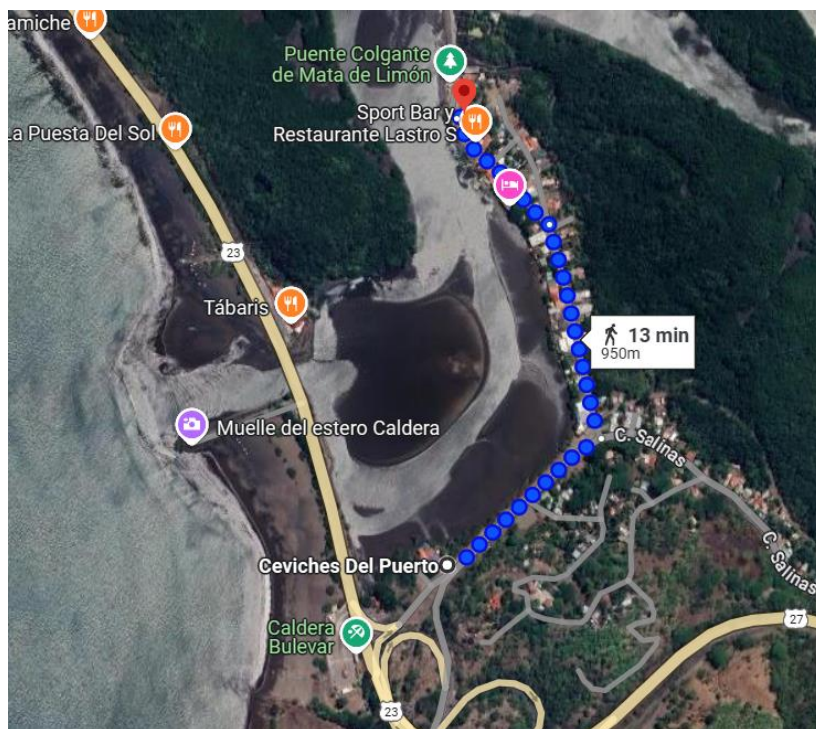
- **Esparza:** Known as one of the oldest towns in Costa Rica, Esparza is situated near the central Pacific coast, offering historical significance and proximity to important tourist areas.
- **Mata Limón:** A coastal area within Esparza, Mata Limón is a key zone with both residential and commercial activity. It serves as a vital connection to Puntarenas and is popular among visitors for its natural beauty and strategic location.

These communities were selected due to their environmental challenges, including waste accumulation, and their potential for positive social and environmental transformation through community engagement.

Organizations Involved

The success of ECO LIFT was made possible through the collaboration of several organizations and community stakeholders:

- **Municipalidad de Esparza:** Provided logistical support and coordination to ensure the smooth execution of the event.
- **Comité de Desarrollo de Mata Limón:** Assisted with local outreach and mobilizing community participation.
- **Comité de la Persona Joven:** Encouraged youth involvement, highlighting the importance of environmental stewardship among younger generations.
- **Local Business Owners:** Played a key role in supporting and adopting better waste management practices, contributing to the sustainability goals of the project.



Testimonial:

— **Yassiny Esquivel**, Executive Member, IWF

“Projects like ECO LIFT are an excellent way to leverage our platform to support efforts in addressing critical environmental issues, extending the impact of weightlifting far beyond the sport itself.”

— **Steven Esquivel**, Federation President

“ ECO-LIFT: A wonderful experience of joining forces in favour of the environment, through sport, with the community, athletes and coaches”

— **Frantony Jiménez**, Regional Coach and Project Coordinator

This initiative has raised awareness among local businesses, encouraging better waste management practices and a commitment to environmental responsibility in our community.

Conclusion

Join us in shaping a sustainable future through ECO LIFT! Whether you are an athlete, a volunteer, or a supporter, your contribution matters. Together, we can lift the weight of responsibility and create a cleaner, stronger tomorrow.

