GREEN FACTS

USE LESS GAS

Whenever possible, walk, bike, car pool, or use mass transit. Every gallon of gasoline you save avoids 22 pounds of CO_2 emissions, and every mile you walk burns an average of 100 calories. Avoiding just 10 miles of driving every week would eliminate about 500 pounds of carbon dioxide emissions a year!

www.ecomall.com/greenshopping/20things.htm and http://globalwarming-facts.info/50-tips.html

Residential leaf blowers emit CO_2 equivalent to 2,200 miles of driving and carbon monoxide equal to 110 miles. A half hour of raking leaves burns 150 calories.
http://eco-guides.us/blog/2009/02/21/how-bad-are-leaf-blowers
and calories: www.acfn.org/b6

Gas powered lawn mowers can emit the same amount of volatile organic compounds (VOCs) in an hour as a new car driven 340 miles and use 800 million gallons of gas each year. Use a push reel lawn mower instead and burn 300-400 calories in an hour of mowing your lawn! If you mow your lawn once per week with a push mower instead of a gas mower, you would burn an additional 3,172 calories per year.

www.peoplepoweredmachines.com/info/faq.htm

Americans weigh about 24 more pounds per person than we did in the 1970s. Multiplied over the three trillion miles driven in America each year, this weight adds up and requires more gasoline for our cars to transport the extra weight. If we could (preferably through walking and biking) lose those 24 lbs and reach 1970's sizes, America would use nearly one billion gallons of gas less than we currently do.

www.ecogeek.org/sixsteps.html

KEEP IT GREEN

Drink lots of water, and buy a recyclable water bottle instead of a plastic one-use water bottle. According to the Container Recycling Institute, only 23% of plastic bottles are recycled in the US, while 38 billion plastic bottles go into landfills in the US each year. Plastic bottles take up to 1000 years to biodegrade. Recommended brands: Sigg and Klean Kanteen. http://blog.beliefnet.com/intentchopra/2009/04

GO NATURAL

Make your own natural cleaning products using common household products (www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html), which are much safer for you and the environment, and then clean your house and burn 200-300 calories in an hour (www.nutristrategy.com/activitylist.htm). Scrub your floor on your hands and knees and burn an extra 100 calories in 30 minutes.

Hanging your laundry to dry on a clothes line will burn 45 calories in 15 minutes and save you you 3-4 kWh/washing cycle. You can save 700 pounds of carbon dioxide when you air dry your clothes for 6 months out of the year.

www.greenpeace.org/international/campaigns/climate-change/take_action/your-energy

www.ecologic.org/wed/takeaction

TAKE THE STAIRS

Walking up and down 3 flights of stairs instead of using an elevator saves 15 Watt-hours (Wh) a day or 450 Wh a month (enough to power a 37" Plasma TV for 3 hours), and burns about 18 kcal.

www.creativecitizen.com/solutions/115-Take-Stairs-Instead-of-Elevators-Escalators

Calorie info: www.stltoday.com/stltoday/lifestyle/columnists.nsf/drpauldonohue/story/504625DD37CD348F862575 B7005F60FC?OpenDocument

An individual generates about 6.5 kg of carbon emissions per year by taking the elevator. That works out to half a metric TON of carbon emissions over a lifetime. Even two flights of stairs climbed per day can lead to about 6 lbs lost in one year. www.slideshare.net/brij.sethi/use-the-stairs-skip-the-use-of-elevators

EAT LOCAL & FRESH

Take a big step toward reducing your carbon footprint by eating local foods (to avoid transportation costs), whole foods (to avoid processing costs) and organic foods (to avoid petroleum-based fertilizer usage). These foods will help you reach a healthy weight. http://chocolateandzucchini.com/archives/2009/04/tips_for_a_green_kitchen.php

Eating locally can help you burn calories and is better for the environment. Walk to the local food co-op or farmers market and burn 100 calories per mile, and save gasoline from driving your car and energy from the transportation and packaging of your food.

Start a vegetable garden to have fresh produce all year round. You'll save gas driving to the store, and will help the environment by cutting down on food transportation costs and packaging. You can burn 150 calories by working in the garden for 30-45 minutes. Calorie info: www.acfn.org/b6

If possible, buy fresh foods instead of frozen, as frozen food uses 10 times more energy to produce. www.climatecrisis.net/takeaction/whatyoucando/index4.html