



GREEN TIPS

GREEN EXERCISE TIPS

Exercising outside requires no energy but your own!

What workout machine doesn't require any storage space, doesn't pollute the air, is free, and gives you a great workout? Your own body! Running, push-ups, and crunches are easy ways to get started.

Dumbbells, jump ropes, spinning bikes and rowing machines are great ways to unplug your exercise routine! They force you to generate the power.

Biking vs. Driving to Work Time Span: 1 Hour	Calories Burned		
	130 lbs	155 lbs	190 lbs
Bicycling, 10-11.9 mph, light effort	354	422	518
Bicycling, 12-13.9 mph, moderate effort	472	563	690
Bicycling, 14-15.9 mph, vigorous effort	590	704	863

Every liter of gas in your car emits 3 kg of pollutants into the air!

Gardening is a great way to grow your own produce, offset your carbon footprint and get a work out! Use low-tech tools to get an equivalent work out to swimming or general aerobics.

Instead of using a leaf blower, snow blower, or riding lawn mower, use a shovel, rake, and push mower. These are all great forms of exercise that emit no pollutants into the air and save you money!

A 2000 report by the California EPA determined that the average residential leaf blower produces 145 times more hydrocarbons, 7.5 times more carbon monoxide, and 11 times more particulate matter in one hour than a 1999-2000 light duty vehicle driven at 30 mph, getting 15 miles to the gallon.

The Los Angeles chapter of the American Lung Association has produced research to illustrate how leaf blowers generate as much pollution in one hour as a car driven for 100 miles produces.

MORE GREEN EXERCISE TIPS

The hydrocarbon emissions produced from one-half hour of residential leaf blower operation are equal to the emissions produced from driving 2200 miles, comparable to a round trip from Denver to San Diego.

Leaf blowers and other tools with two-stroke engines, like some lawn mowers, snow blowers, chain saws and trimmers, send 30 percent of their unburned fuel out with the exhaust.

A single gas-powered leaf blower can emit as much pollution in a year as 80 cars.

Quit smoking! Tobacco depletes nutrients from the soil as it grows. And when you smoke tobacco, it depletes oxygen from your body. Fewer nutrients mean soil erosion, and less oxygen means more cellulite and gray skin.



OTHER GREEN TIPS

Be a Smart Traveler!

A 1,000 mile round trip in a medium sized car will crank out around half a ton in carbon dioxide emissions. A 2,500 mile return flight, over double the emissions.

Unload your car! Carrying around an extra 100 pounds reduces fuel economy by about 1 percent.

Park in the shade in summer to keep your car cool and minimize evaporation of fuel.

Carpool!

Carpool participants lower their commuting stress by sharing the driving, which reduces traffic congestion by eliminating over 40 million driving miles from the region's roadways annually.

By reducing traffic congestion in the region, carpool participants also improve the region's air quality by removing over 1.5 million pounds of air pollution annually.

Carpool participants significantly reduce their commuting costs compared to driving alone. A commuter with a 60-mile daily commute saves \$4,387.50 annually in a 2-person carpool versus commuting alone.

Get a Reusable Bag!

A plastic shopping bag can take anywhere from 15 to 1000 years to decompose.

According to the Wall Street Journal, only 1% of plastic bags are recycled world-wide.

The United States alone uses approximately 100 billion new plastic bags per year - the average person goes through between 350 and 500.

An estimated one million birds and 100,000 turtles and other sea animals die of starvation each year after ingesting discarded plastic bags which block their digestive tracks.

Think paper bags are better? The United States cuts down 14 million trees per year simply to supply the demand for paper shopping bags.

Despite their high recyclability factor, research shows that only 20% of paper bags end up recycled.

In landfills, paper bags produce over twice as much atmospheric waste as plastic

In New York City, one less grocery bag per person would reduce waste by 5 million pounds and save \$250,000 in disposal costs.

Over a lifetime, use of reusable bags by just one person would save over 22,000 plastic bags. Isn't that even better incentive?



Use “Low Flow”!

A 10 minute shower will use between 190 and 260L of water. Compare this to low flow showerheads that use between 1.5-2.5gpm (6-9.5L/m) and the same 10 minute shower would use only 60-95L.

Low-flow faucet aerators can reduce usage by about 20 to 40 percent.

Use Compact Fluorescent Light Bulbs!

Replacing one regular light bulb with an approved compact fluorescent light bulb would save consumers \$30 in energy costs over the life of the bulb.

Compact fluorescent light bulbs also generate 70 percent less heat, so they are safer to operate and can also reduce energy costs associated with cooling homes and offices.

Unplug and Turn Off!

A desktop tends to use around 2 watts when it’s switched off, which is comparable to what a video game console may use.

Cell phone chargers consume energy even after the phone charge is complete and the phone is unplugged.

Any electronic device uses energy when it is plugged in, so unplug!

Get off Junk Mail Lists!

The average person receives 41 lbs. of junk mail each year of credit card applications, catalogs, coupon books, etc.

Use Organic Cleaning Products!

The average American uses about 40 pounds of toxic household cleaning products each year.

Formaldehyde, an ingredient in furniture polish and various cleaning products, is a potential human carcinogen and a known cancer-causing agent in animals.

Trisodium nitrilotriacetate is a possible carcinogen in laundry detergents. It can disrupt the elimination of metals in wastewater treatment facilities.