

jazzercise®

January 2009

NEWSLETTER

Vol. 9 No. 1

Let's Go Green in 2009

Are you looking to go green in the New Year? It's easier than you think. You don't have to plunk down your life savings for an electric car or install solar panels in your ceiling to do your part. Just a few simple changes in your daily lifestyle can make a big difference in saving our planet.

Tips for earth-conscious living.

Minimize Junk Mail – Americans receive an average of 10.8 pieces of junk mail every week. The elimination of this junk could save 100 million trees each year.

Save on H2O (Water) – Install a low-flow showerhead that can reduce your consumption of water by one-half. Consider a dual-flush toilet, which allows for a smaller amount of water to be used with each flush. As for the outside, get a hose with a trigger nozzle to help control your water flow.

Avoid Dry Cleaning – Perchloroethylene (perc), a solvent used by 85% of all dry cleaners, contributes to smog and contaminated water. Although it will be banned from use in many cities' dry cleaning establishments by 2020, you can help in the meantime by dry cleaning as few garments as possible. Most solid-colored cashmere, wool, and cotton sweaters can be washed in the gentle cycle, or hand-washed, and dried flat.

Select Organic Produce – Produce labelled "USDA Organic" has been grown on a farm that uses rotating crops and composting, with no chemical pesticides and fertilizers. Simply put, this organic food is better for our environment. Look for the label, and purchase organic, even if it costs a few more pennies. If it's unrealistic for you to go fully organic, then purchase a few foods in their commercial state. Bananas, broccoli, cauliflower, and corn all contain minimal pesticide residues, making them best bets for your non-organic purchases.

Go Two Wheeling – The largest source of air pollution is mechanized transportation. Try swapping your car for a bicycle just one day per week. Not only will you save the environment 3.6 pounds of pollutants for every mile that you make the switch, you'll also save your waistline. You can lose up to 15 pounds in one year by simply riding your bike three hours per week.

Use Less Electricity – Buy a programmable thermostat that will adjust the heat and air temperature in your home while you sleep. It will cut your utility costs and save the environment from excess energy consumption. In addition, try washing your clothes in warm or cold water, instead of hot water, and you'll reduce the energy consumption by one-half.

If the thought of going green sends your head spinning, just remember that you don't have to make all of these changes tomorrow. Implement one or two changes this year, and you'll be taking a big step in saving the environment.