



# Take A Pledge and We'll Make Your Friends Green with Envy

Pledge just three tips below and be entered into a drawing to win a \$100 gift card!

**1 Skip a car trip each week**

The average American drives over 250 miles each week. Replace a weekly 20-mile car trip by telecommuting, biking or combining errands, and you'll reduce your annual emissions of the greenhouse gas carbon dioxide by nearly a thousand pounds!

**2 Measure your ecological footprint**

Based on the current population of the world, there are 4.5 acres of biologically productive land per person. The average ecological footprint of U.S. citizens is 24 acres per person. Visit [www.earthday.net](http://www.earthday.net) and take the online quiz to find out what your ecological impact is.

**3 Shift your shrimp consumption**

Today, nearly 70 percent of the world's fisheries are fully fished or overfished, and about 60 billion pounds of fish, sharks, and seabirds die each year as "bycatch" - animals caught accidentally as a result of wasteful fishing techniques. For every 1,000 of us who stop eating shrimp, we can save over 12,000 pounds of sea life per year.

**4 Use recycled paper towels from Seventh Generation™**

If every household in the U.S. replaced just one roll of 70 sheet virgin fiber paper towels with 100% recycled ones, we could save 544,000 trees, 1.4 million cubic feet of landfill space equal to 2,000 full garbage trucks, 196 million gallons of water, and avoid 33,400 pounds of pollution. Seventh Generation products can be found at Whole Foods and other natural grocers.

**5 Replace four standard light bulbs with energy-efficient compact fluorescent lights (CFLs) or LED lights.**

Want a hundred bucks? Replace four standard bulbs with low-mercury CFLs, and you'll reduce your electricity bills by more than \$100 over the lives of those bulbs! More importantly, you'll prevent the emission of five thousand pounds of carbon dioxide.

**6 Move the thermostat 3° F**

Heating and cooling represents the biggest chunk of our home energy consumption. Just by turning the thermostat down three degrees in the winter and up three degrees in the summer, you can prevent the emission of nearly 1,100 pounds of carbon dioxide annually.

**7 Use non-toxic lawn and garden pesticides and fertilizers**

Americans directly apply 70 million pounds of pesticides to home lawns and gardens each year and, in so doing, kill birds and other wildlife and pollute our precious water resources. Order a catalog from Gardens Alive by calling (513) 354-1482 or visit them online at [www.gardensalive.com](http://www.gardensalive.com) where you can find environmentally friendly herbicides, pesticides and fertilizers.

**8 Install an efficient showerhead and low flow faucet aerators**

Of all natural resources, water is the most essential. But available supply is diminishing rapidly as human populations swell and inefficiently drain precious aquifers. For every 1,000 of us who install faucet aerators and high-efficiency showerheads, we can save nearly 8 million gallons of water and prevent over 450,000 pounds of carbon dioxide emissions each year!

**9 Plant a tree**

Pollution and urban sprawl are threatening our forests and thus air quality. How can you help? By planting a tree. Most local nurseries and lawn and garden centers sell trees or saplings that are pretty inexpensive. If there isn't enough room in your yard, get involved with a local tree planting group. Contact your local parks and recreation office to see how you can get involved.

**10 Make a contribution to an environmental charity like GreenPeace, Georgia Organics, Earth Share of Georgia, or the Nature Conservancy.**

**One winner per location. Drawing will be held April 22. Be sure to check out our website at [www.naturalbody.com](http://www.naturalbody.com) for our green spa commitment, environmental tips and comments from guests like you. Read, share, let's all be aware. Please only submit one entry.**

*tear here and submit at front desk to be entered into drawing*



## I pledge to be green.

I pledge to implement 3 three the above tips to help our environment. List numbers: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

PRINT NAME \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_