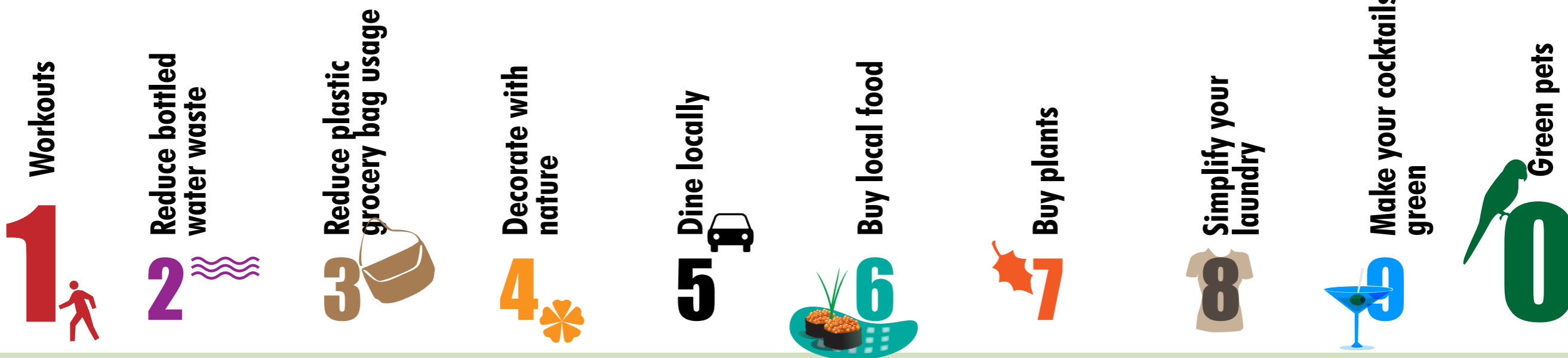


10 practical ways to go green

Reduce, recycle, reuse and recover are the four 'R's' in going green. These days, everybody is talking about global warming and what their carbon footprint may be. Check out our Top Ten ways to Go Green in your daily life.



Try not to use fancy machines like treadmills, that require a lot of electricity to work. Go outside and run, do yard work, ride your bike or go for a walk. Many workouts can be done using your own body weight as resistance inside.

Reuse water bottles or purchase a sturdier water bottle that can be washed. If you do buy bottles of water, remember to recycle. Also, purchasing a filter for your tap water can be an alternative to buying bottles.

Many stores sell canvas bags that can be used as more permanent transporters of groceries that don't get tossed away when you get home.

Instead of driving to a pricey home decorating store, look outside for inspiration for a centerpiece or garnish for your household. Fresh flowers grown in your front yard are a good way to reduce carbon emissions from traveling and save money.

Go to local restaurants for dinner. By traveling shorter distances, your carbon emissions are reduced and you are supporting local businesses.

Buying food grown locally reduces carbon emissions on the transportation of the food.

Having plants in your house can help filter the air in a natural way. Instead of spraying chemicals and products into the air, fill your house with flowers and plants to clean the air.

By washing your clothes in cold water and by reducing, or even eliminating, dryer usage you can cut down on a lot of electricity use. You can go even further by buying organic laundry soap.

You can find organic liquors, champagne, beer and wines. Also, try using fruits that are in season for drink garnishes and try making your own mixers for cocktails.

Adopting from a shelter and having your pets spayed or neutered can help reduce the amount of homeless animals. When taking care of your pet, use organic cleaners instead of using chemicals to give them a bath or clean up after them in your house.