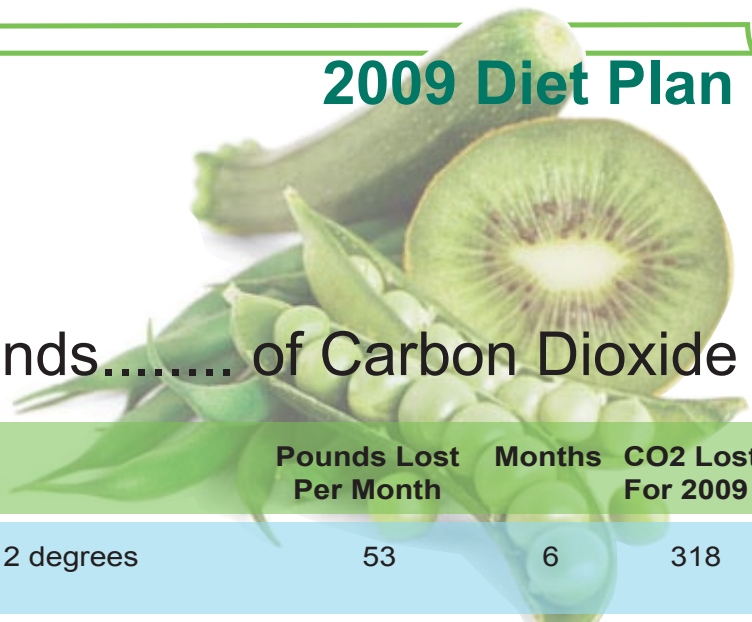




Living
Our
Green Life

2009 Diet Plan



How to lose 3,000 Pounds..... of Carbon Dioxide

Month	Exercise	Pounds Lost Per Month	Months	CO2 Lost For 2009
January	Turn down your thermostat by 2 degrees	53	6	318
February	Run dishwasher only when full and on its energy saver mode	70	11	770
March	Wash clothes in cold water rather than hot	42	10	420
April	Keep tires properly inflated	21	9	189
May	Dry half your clothes on the clothes line	60	8	480
June	Raise your thermostat from 72 to 73 degrees this Summer	40	4	160
July	Plug electronics into power strip and turn off when not in use	20	6	120
August	Insulate your water heater	26	5	130
September	Caulk and weatherstrip your home	72	4	288
October	Take bus to work, one day a week	13	3	38
November	Clean your refrigerator's coil and defrost regularly	58	2	116
December	Replace one 70 watt bulb with a 9 watt CFL	5	1	5

YEAR TOTAL

**3,035
pounds**