

Leisure

What you can do today

Make one change or buy one less item today! Refill your empty water bottle with tap water and put that in your bag along with a carrier bag - that's two items on the list ticked off already.

Some things you can do right now

Join the local library and borrow books or swap books with friends rather than buying new ones. Or leave a book on a park bench and pick up another elsewhere.

www.bookcrossing.com

<http://dSPACE.dial.pipex.com/town/square/ac940/weblibs.html>

Cancel junk mail and lobby catalogue companies to send fewer catalogues.

www.mpsonline.org.uk

Avoid using the car by walking or cycling to local pubs and restaurants.

No more treadmills! Join or start a green gym and improve your health and the environment at the same time.

Within the year...

Pack lightly when travelling by plane. Every additional 4.54kg per traveller requires an additional 350 million gallons of fuel per year, enough to keep a 747 flying continuously for 10 years.

Volunteer for an environmental charity

www.idealists.org

www.charityguide.org

Most cosmetics are packed with chemicals – bad for you, bad for the planet (the same applies to household cleaning products). Fortunately, there are now many alternative brands made from naturally sourced ingredients that aren't reliant on complex emissions-heavy production.

www.ecotopia.co.uk

www.naturalcollection.co.uk

Festivals – major events on the summer calendar and many of them either have or are aspiring to solid environmental credentials.

<http://www.agreenerfestival.com/>

Host a green film festival: An Inconvenient Truth, Leonardo di Caprio's The 11th Hour, The Age of Stupid, Syriana, even The Day After Tomorrow, will all get people talking and thinking. Then, just as everyone's thinking there's nothing they can do, get them to sign up to become Planet Positive!

Think about: Greenwashing. Don't be fooled by vague statements or certifications you haven't heard of, false claims and meaningless terms. 'Natural' can be applied to just about anything, but means little. If it's not coming from a source you recognise, if something doesn't feel quite right, don't take their word for it – put your investigative hat on.

Within the next five years...

Start digging for victory! However small your garden, you can grow things. Even if you don't have a garden you can grow plants in pots, on windowsills and balconies. Grow fruit and vegetables in among the flowers if you haven't got space for a vegetable patch. The more you grow, the less you have to shop for produce that may have been grown using intensive processes and that has been transported.

One hour of mowing a lawn with a gas-powered mower produces as much pollution as driving a car for four hours. Save the emissions and get fit at the same time with an old-fashioned push mower.

www.greenwarehouse.co.uk

Go on an eco-holiday. There are a growing number of operators, resorts and hotels that are watching their carbon footprint. Also think about the number of flights you are taking. Could you drive or take the train? Could you holiday closer to home?

Invest in a Pedal-A-Watt. When hooked up to a normal bicycle on a stand you can generate up to 200 watts of electricity. Or you can store the energy in a battery and use it later. An hour's worth of cycling could power a low-energy light bulb for 8 hours.

www.greentraveller.co.uk