

Burn Calories, not Kilowatts

Take the stairs, not the elevator.

Use a push-reel lawn mower (a spiffy modern one – not that rusty old thing in the shed).

Walk or bicycle to work and leave the car at home. You'll feel better all day.

Use a clothesline – put solar and wind power to work!



Take your good habits home and save \$\$\$ on your energy bills