

Candidate 6

Lifestyle Hacks blog.

The planet we live in is sick and is getting worse and worse. We need to ~~do something~~, and we need to do it now.

If your day to day actions are more environmentally friendly, you don't only help the environment, you will help yourself, save some money and be more happy and healthy.

Let me give you some easy to follow advices about how to become a more environmental person.

About, saving energy at home. You can start with turning the lights off when not using them, ~~take~~ shorter showers, wash your clothes using cold water, leaving the blinds open to use natural ~~light~~ light, get energy efficient appliances.

Is also a wise, healthy and ~~also~~ environmental decision to leave the car, ignore the buses and just walk everywhere, specially when

We live in an small city like Edinburgh. Take a walk to College, work or school will keeps you fit and will also reduce the pollution cause by the cars engines.

Cycle or to ride a bike is a great option too.

Other brilliant idea will be to cut down on processed food, cook your own food at home. By doing this you will eat less calories and produce less waste. Buy just one reusable bottle and refill it, one simple act ~~such~~ such as not buying any single plastic bottle more follow by a thousand people will reduce the plastic we produce significantly.

And now that Christmas is coming think before buying, do I really need this? what happens if I don't buy it? cut down emotional and impulsive buys will make our consumerism more environmentally friendly.

Always remember we borrow the Earth from our children.