

## **How to Lose 5,000 Pounds in 30 Days**

If you are concerned for the earth and the effects of climate change, the Low-Carbon Diet is one very personal way to do something about it. By committing to make some simple (and maybe a few not-so-simple) lifestyle changes, you can lower your carbon footprint to walk more gently on this earth, our home.

**Step 1:** Determine your “carbon footprint.” There are several calculators available and you will likely need your recent utility bills (electricity, natural gas, heating oil) to answer the questions accurately. The Low-Carbon Diet website has a quick household CO<sub>2</sub> calculator at [http://www.empowermentinstitute.net/lcd/lcd\\_files/LCDcalcNet.html](http://www.empowermentinstitute.net/lcd/lcd_files/LCDcalcNet.html).

**Step 2:** Start small. What is one easy change you and/or your family can make right away? Is it new energy efficient light bulbs? Perhaps you can carpool to work one or more days a week. How about lowering the thermostat on your water heater? Have you signed up for renewable power yet? Whatever it is, commit and start today! Need some ideas? Here are some excellent resources:

Low Carbon Diet by David Gershon. Copies can be ordered through UU Ministry for Earth at [http://uuministryforearth.org/act\\_lowcarbdiet.htm](http://uuministryforearth.org/act_lowcarbdiet.htm)

<http://www.climatecrisis.net/takeaction/whatyoucando> is Al Gore’s website, creator of An Inconvenient Truth

**Step 3:** Keep track of the emissions you are reducing. Keep going until you hit 5,000 pounds. And then, keep going!!! If you are part of a family, make this part of your family conscience. The argument used to be to do this for generations to come. The unfortunate reality is we have to do this now for the young generation that is here.

**Step 4:** Now that you are old hat at this, share your knowledge and get involved. Look for opportunities in your local community to make an even bigger dent in this problem!