

# WHAT IS CLIMATE CHANGE?

Climate Change (Global Warming) is the name given to long term changes to temperature on and around the Earth's surface, which causes long term changes to weather patterns.

## WHAT CAN YOU DO TO STOP IT?

### DRIVE LESS!

Because transport is responsible for: 65 % of global oil consumption, 27% of all energy use, 23 % of global CO2 emission.

### BUY LOCAL FOOD!

Because it prevents long transportation of food .

### USE YOUR OWN BAGS!

Because only 9 % of all plastic waste is recycled. Because up to 5 trillion plastic bags are used every year.

### UNPLUG!

Because the less energy we use the climate is more safe.

### RECYCLE!

Because it will cause to natural resources savings.

### DON'T POSSESS TOO MUCH CLOTHES!

Because you will help to save water. Did you know 10000 liters of water is needed to produce one pair of jeans?

### EAT LESS MEAT OR GIVE IT UP!

Because you will save water and climate. Did you know that production of meat is responsible for 80% greenhouse gas emissions from agriculture?

### TAKE SHORTER SHOWERS!

Because you will help to save water resources.

### TURN THE LIGHT OFF!

Because you will save energy.



## FOR CLIMATE

## What you and your gym can do to spare the climate:

1. Provide the drinking fountain in the gym, no plastic cups, use your own bottle!



2. Last person who leaves the gym turns all the lights and the heat off.



3. When going to the gym: walk, bike or get the bus if possible.

4. When going to a competition in another city or country, try to carpool with other gyms (use the single vehicle).



5. Start sorting the garbage at your gym.



6. Tell other people what you do and try to get them doing the same!

Together we are stronger!



**FOR CLIMATE**