

The big 5 of Climate Action

The 5 climate actions outlined below do not only have a significant impact on your personal greenhouse gas emissions but also improve your health and well-being.

If you have any questions or comments about this content, please contact me:
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Success and enjoy!

1. Switch to renewables for heating and transport

- Electrification of our heating and transport systems will create cleaner air and less noise disturbance.

2. Insulate your home

- A well-insulated home creates a better indoor environment and helps you save lots of money.

3. Choose active means of transport

- Walking or cycling whenever you can, will keep you fit and help you create safer traffic conditions.

4. Eat a plant-based diet

- Reducing your amount of (especially red) meat consumption will significantly reduce your risk of acquiring cardiovascular diseases and certain types of cancer.

5. Travel locally

- Choosing holiday locations closer to home will help you appreciate the beauty of your home country and stimulate local economy.

Sources

C40 cities/ARUP/University of Leeds. The future of urban consumption in a 1,5°C world.

<https://www.gov.uk/guidance/carbon-calculator>

<https://10klimaatacties.be/wp-content/uploads/2019/09/flyer-10-acties-Engels.pdf>



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