



Everyday...live fit live green

REDUCE

Reduce Water Use April

Why is water conservation important?

Although we use water everyday without thinking twice about it, we often take the amount of fresh water available on Earth for granted. As the world's population increases, water consumption increases and it's important to continue to have an abundance of water for future generations.

Did you know?

- A low-flow showerhead saves up to 2.5 gallons of water per minute
- Flushing a toilet takes 5-7 gallons of water
- It takes 35 gallons of water to wash a small load of clothes
- The average American uses 150 gallons of water a day

What can you do to conserve water?

- Reuse your cooking water to water your plants. Nutrients from the food are good for the plants.
- Use the refrigerator or microwave to thaw frozen food instead of running water.
- Adjust or replace toilet flush handles that stick in the flush position to prevent continuously running water.
- Water your lawn early in the morning when temperatures are at their lowest to prevent evaporation.

Just think how much water we could save if everyone did at least one conservation tip above.

Sources: US Environmental Protection Agency; earth911.org

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