

# The planet thanks you

The need to preserve the environment with a green outlook and sustainable lifestyle is ever more pressing and an increasingly real concern. Helping the planet is not difficult: turning small gestures into daily habits can make a big difference.



- Swap your traditional (incandescent) light bulbs for environmentally-friendly ecological (LED or fluorescent) light bulbs. One fluorescent light bulb can use up to 90% less energy than that consumed by an incandescent bulb giving off the same amount of light.
- Always turn off the light when you leave a room or office. As well as saving energy, you are also cutting down on CO<sub>2</sub> emissions.
- Use rechargeable batteries. One rechargeable battery can be recharged more than 1,000 times. If you use non-rechargeable batteries, then recycle them!
- Whenever possible, choose to pay your bills online and to receive all your bills and statements electronically.