

# What if You Come Down (to Earth) With Symptoms of Sustainability?

If you or someone you know has some of the following symptoms, you may be coming down (to earth) with sustainability. It can be contagious, but some people have strong resistance. Scientists believe that it may have something to do with a jean mutation. The jeans can be modified or removed, but some people don't like to change because they're comfortable just the way they are.

Just as a person who has [obesity](#) may begin to rely on a wheelchair to get around, a person who has sustainability may begin to rely on a bicycle to get around. Physical and mental conditions shape the surrounding environment.



Although some people feel uneasy about sustainability at first, they quickly begin to adapt to the condition. Some people do really crazy things like take up gardening or sell their cars. Once you catch sustainability, don't be surprised if people with the mutated jeans call you crazy.

Once you've been diagnosed with sustainability, it's helpful to join a support group with like-minded people who prefer trees over traffic and borrowing over buying. As the symptoms of sustainability increase, you may fall deeper into a wishful state of Utopia-euphoria wanting more people to contract your

enthusiasm. [Webweaver Earth](#)

Here are some of the symptoms of sustainability:

**Air.** You go to parks and into the forest where the air is fresh and trees are plentiful. [AIRNow](#)

**Banking.** You closed your bank account and opened an account at a local credit union. [Credit Union National Association](#)

Whenever you go near a bank, you get withdrawal symptoms. [PunOfTheDay](#)

**Bathroom.** Your bathroom has a window which provides natural light and ventilation. [American Restroom Association](#)

Why are environmentalists bad at playing poker? They avoid the flush. [Jokes4Us](#)

**Biking.** Your bicycle is one of your main modes of transportation. [People For Bikes](#)

[\*\*\*This CAR Game Will Drive You Crazy\*\*\*](#)

**Charities.** You give generously to a local nonprofit or faith-based organization and they give back to the community. [Charity Navigator](#)

**Cooperation.** You quit your corporate job to work for a co-op. [National Cooperative Business Association](#)

**Energy.** Your home is drawing power from renewable energy sources. [Renewable Energy World](#)

**Food.** You have access to organic fruits and vegetables within walking distance of your home. [GMO Inside](#)

**Gardening.** You have fun working together with your neighbors in the community garden. [American Community Gardening Association](#)

**Healthcare.** You have access to affordable healthcare. [Michael Moore's Health Care Proposal](#)

**Housing.** Your home is affordable and you help others who need housing. [Habitat for Humanity](#)

**Laundry.** You hang your laundry out to dry. [Project Laundry List](#)

[\*\*Laundry Study Shows Americans Have Few Hangups\*\*](#)

**Leaders.** You're a good communicator and leader. [Toastmasters](#)

**Library.** You enjoy going to your local library on a regular basis.

**Lighting.** The sun is your main source of light all day. [VELUX](#)

**Music.** You hear nature sounds or appropriate tunes that enhance your home, workplace and other public spaces. [American Music Therapy Association](#)

**Names.** You're on a first-name basis with your neighbors and workers in local businesses. [NeighborWorks](#)

**Organics.** You buy organic foods in the local farmer's market and grocery stores. [CCOF](#)

**Outdoors.** Your home and workplace outdoor spaces are green and welcoming. [Alliance for Community Trees](#)

What did the activist get when he sat on the iceberg too long?  
Polaroids. [Jokes4Us](#)

**People.** You treat everyone with respect, regardless of their age, race or social status. [Grassroots International](#)

**Pets.** You often take your dog along wherever you go. [Go Pet Friendly](#)

**Plantscaping.** You have plenty of indoor plants. [Plantscape Industry Alliance](#)

**Prevention.** Your healthcare provider incentivizes doctors for prevention. [American Journal of Preventive Medicine](#)

[Why We Need to Do Doctor Reviews on Our Last Doctors' Visits](#)

**Recycling.** You have a donate box, a recycle bin and a compost pile, but you don't have a garbage can. [SCARCE](#)

**Salary.** Your boss doesn't make too much more than you or your colleagues. [Salary](#)



**Schools.** Your kids attend schools which teach them how to create a sustainable future for themselves and the community. [Edible Schoolyard](#)

**Seeds.** You trade seeds and plants with your neighbors. [Seed Savers](#)

**Sharing.** You borrow stuff and lend a hand. [mesh](#)

**Steps.** The staircase in your workplace is more attractive than the elevator. [StairPorn](#)

[Your Best Excuse for Not Going to the Gym](#)

**Students.** Your kids are participating in solving real issues in the community. [Youth Service America](#)

**Transportation.** Your community is investing heavily in public transportation, bikeways, sidewalks and pathways. [\*American Public Transportation Association\*](#)

**Volunteers.** Your neighbors are engaged in making the community a better place to live. [\*Volunteer Match\*](#)

**Water.** Your drinking water is pure and safe. Local waterways are full of healthy marine life. [\*American Water Works Association\*](#)

**Weight.** You're healthy, not malnourished or obese. [\*Weight of the Nation\*](#)

[\*Sick of Diets? Film Diet Plan Will Help You Escape the Fat Trap\*](#)

**Work.** It's easy for you to find work opportunities near home. [\*Smart Growth America\*](#)

If you're experiencing several of these symptoms, stay calm. If you generate too much excitement, the zombie police with mutated jeans may try to attack. They are known to be mindlessly unreasonable, doing raids on people who sell fruits and vegetables, for example. Check out this [\*raid on an organic food store in California.\*](#)



What's the difference between zombies and patched jeans?

Zombies are dead men. Jeans are mended. [JokeIndex](#)

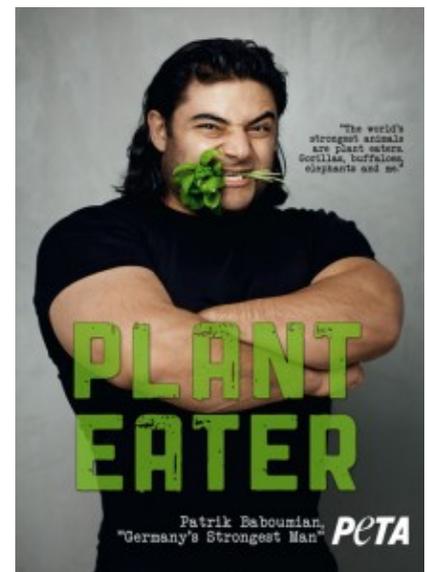
If you or your loved ones are coming down (to earth) with sustainability, the best thing you can do is band together with other level-headed people and come up with a smart plan to protect yourselves in the event of a random zombie invasion.

**yes!**  
magazine

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# Your Best Excuse for Not Going to the Gym

It's always good to have a few excuses up your sleeve in case you run into someone who nags you about joining a gym. Prepare now for the next time one of your "you-should-join-a-gym" friends or family members nags you. If you put a little thought into it now, you can easily ward them off later. For the sake of simplicity, let's call this friend Jim. It's best to develop a few excuses that are custom made for you, but here are a few ideas to get you started.



The world's strongest man, Patrick Baboumian, is vegan.

**“I’m taking vegan cooking classes.”**

This is a timely excuse you can use now since Jim probably heard about Patrick Baboumian. At Toronto’s Vegetarian Food

Festival this year, he carried 550 kg (1,212 lbs) more than 10 meters (32.8 feet), setting a new world record. This makes him the strongest man in the world. This 34-year-old Armenian-German relies on [plant power](#) to build his lean body mass and strength. [The Star](#)

When he was a boy, Patrick's hero was the Hulk. Today, he's achieved his goal of being as big as the Hulk, but despite eating lots of greens every day, he still hasn't turned green.

He broke the world record by lifting some heavy metal on an outdoor stage. He didn't use any fancy gym equipment. Real men go to competitions to lift things like logs and cars.

If Jim gives you a hard time about the vegan thing, tell him that after you eat your vegan dinner, you go around the house lifting furniture. Make up specific examples like, "I can already lift my LazyBoy. I'm working on lifting the couch, and eventually I may even be able to lift some of my family's potatoes."

## **"I'm concerned about FARTS."**

Flatulent Air Release Timing Syndrome (FARTS) is particularly troublesome in smaller gyms, and gyms with poor circulation. Scientists are still studying the causes and effects of FARTS. They believe it's mainly due to diet, but it could also be hereditary.

Though it's not considered to be contagious, other people will notice if you have FARTS and they may try to avoid you. FARTS is particularly common among people who [run on treadmills](#) or ride stationery bikes.

Psychologists are also studying other possible negative effects of treadmills and stationery bikes. When people ride bikes or run on treadmills that go nowhere, some psychologists believe that it may reinforce the idea that no matter how hard

you work, you just don't seem to get anywhere. Working hard to get nowhere? That stinks!

## **“My local gym won't let me bring my dog.”**

This is a perfect excuse if you have a dog because you can back it up with research. Studies show that [pet ownership is linked with better heart health](#).

Dog owners can also use the FARTS excuse. Despite the fact that most dogs are smart enough to avoid treadmills and stationery bikes, some dog owners have reported that their dogs have contracted FARTS.

You can tell Jim that you're waiting for a dog-friendly gym like [FitBernalFit](#) or [K9FitClub](#). As soon as one opens nearby, you'll be the first to join. If you have more than one dog, you can elaborate on the fact that your dogs really miss you when you're at work, so you like to spend as much time as possible with them on evenings and weekends. It also gives you the opportunity to change the subject.

“You know how most people give their dogs boring names like *Rover* or *Spot*? I call mine *Sex*. I was so embarrassed recently when I went to the city hall to renew the dog's license for *Sex*. I told the clerk, ‘I'd like a license for *Sex*.’ He said, ‘I'd like one too!’ Then I said, ‘She's a dog!’ He said he didn't care what she looked like. I said, ‘you don't understand. I had *Sex* since I was 9 years old.’” [Garrick's Jokes](#)

And you can go on talking about *Sex* until your friend forgets about the gym question. If Jim isn't interested in *Sex*, then he's probably not a very good friend anyway.

## **“I'm learning partner yoga.”**

This is a good excuse for people who are married. Tell Jim

that you and your spouse/partner are doing [partner yoga](#) together several hours every evening while you watch TV. If Jim persists by bragging about how much he benches or how many reps he does, tell him how much strength and flexibility you've gained now that you're doing [the dog, the cat, and even the happy baby](#).

## **"I'm totally claustrophobic."**

If you have an older brother or sister, you can use this excuse. Make up a story about how your older brother/sister locked you in the closet when you were five years old and ever since you've been chronically claustrophobic. Tell Jim that you need open space and fresh air.

If he persists, you can embellish a bit more on the indoor thing. Tell him you're allergic to the toxic [disinfectant sprays](#) they use in gyms. He can't argue with you on personal stuff like this.

This excuse works particularly well if you've ever lived near Venice, CA. Tell Jim that you just can't seem to find a gym that compares to your former gym, [Muscle Beach](#). You can't stand those oppressive gyms without a view or fresh air.

**[Free Fresh Air: Hurry! Offer Ends Soon](#)**

## **"I bike to work."**

Jim probably drives to work. Tell him you're taking up donations for the [League of American Bicyclists](#) to help make roads safer because of all the people driving to gyms. Tell him that you're only asking for a small donation, about the cost of one tank of gas. If Jim drives a car, ask for \$50. [If he drives an SUV, ask for \\$80](#). If that doesn't work, give him [13 reasons why he should bike to work](#).

## **“I get paid to workout.”**

This is a perfect excuse for anyone who does manual labor. Whether you're stocking shelves, framing houses, or climbing telephone poles, you're getting paid to workout. Why do you think personal trainers are the only people excited about going to the gym? They're paid to hang out there.

## **“I'm a stair master.”**

This is a great excuse if you work or live in a tall building. The more floors, the better. You know how magazines are always putting out tips like, “take the steps instead of the elevator.” Tell Jim that you begin your workday by climbing 27 flights. That ought to impress him.

Why don't more people take the steps? Most stairwells in the US are unattractive passageways installed just to meet ineffective safety codes. [Remember the 200 9/11 jumpers?](#)

It's all backwards! We need to erect more buildings with the emergency stairwells outside the building where they belong. For the sake of good health, indoor stairways should be as elegant as today's elevators, lined with mirrors, fine wood and polished brass rails. And only one elevator for the disabled. Some people think guns are killing a lot of people in the US, but this number is low compared to the statistics on elevators.

You can use the stair-master excuse for most people you know, but be careful about using it with colleagues who work in the same building. If Jim catches you in an elevator, you can say, “I'm running late for a meeting.” Of course he'll understand.

White-collar people use this excuse all the time, even though most of them never run at all. People with desk jobs drive home and turn on their TV so they can watch cops and robbers chase after each other.

## [11 Equipment Essentials for Easy Everyday Exercises](#)

As you can see, there are many good reasons for not joining a gym. But just in case you're still looking for a few more ideas, check out this two-minute clip by [Jeff Allen](#) . . .

If you're forgetful, put the Hulk in your kitchen to remind you to eat your vegetables every day. The whole family can have fun with the Hulk. If you have kids, keep the Hulk next to the fruit bowl. If your in-laws are visiting for the weekend, put the Hulk in the refrigerator. Next time Uncle Jim comes over for dinner expecting steak, point to the Hulk.

Subscribe to [VegNews](#) to learn more about the benefits of going vegan.

One last word of caution. If you have a dog, be careful where you keep the Hulk. The Hulk has no protection from Sex.

What's your excuse?



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**Are you afflicted with**

# diabetes, vegetarianism or superstition?



It's delicious. Why aren't you having some?

Are you afraid of things like walking under ladders, seeing black cats, breaking mirrors, or having dinner with vegetarians?

Consider the following advice from Grammy Award winning Stevie Wonder in his popular hit [Superstition \(Single Version\)](#):

"When you believe in things that you don't understand, then you suffer. Superstition ain't the way! No, no, no."

Do you do things like: knock on wood to ward off trouble, cross your fingers for good luck, throw rice at weddings, or say "bless you" when someone sneezes? If so, why?

If you get nervous about Friday the 13th, you're probably from a Western Country. But if you're more concerned about Tuesday the 13th, you're probably from Greece or a Spanish-speaking country. It's all relative, and borderline ridiculous.

If you're not familiar with celiac disease, irritable bowel syndrome (IBS), or lactose-intolerance, you may avoid these unfamiliar topics. Next time you eat with a diabetic, a Kosher

Jew, or a vegan, don't clam up. Instead, ask questions. Topics like "vegetarianism" can spur interesting conversations. People's diets evolve around their cultural, financial, physical and spiritual existence. Our food becomes us, literally.

For better or worse, we get accustomed to the plants, creatures, and [packaged stuff](#) we've been eating year after year. Families, culture, and the media brainwash us with traditions and beliefs about what's ok, or not ok, to eat. Our food is our daily supply of fuel that keeps us running (or perhaps dragging) through our days.

It's no wonder that some people get nervous or avoid discussions about what someone else eats or doesn't eat. It's a natural, superstitious, and fearful reaction that reminds us there may come a day when our "comfort foods" are no longer comfortable, and we need to eat different foods for one reason or another.

Next time someone starts talking about what they eat or don't eat, halt your aversion and carry on with the conversation. Who knows, you may learn something. Instead of floundering in superstition, take the time to learn more about the foods you're putting into your own body.

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## No Impact Man Enlightens World

[No Impact Man](#) is one of the most inspiring documentaries I've ever seen!

[Colin Beavan](#) and his wife, Michelle Conlin, inspire the world

by changing their way of life in the Big Apple. Colin believes that we all have a voice and we all need to take responsibility for our own actions. But Colin and Michelle aren't just preaching; they're the real thing! They phased in big changes in their own lives over a one year period to reduce their impact.

Colin and Michelle show how individual customers can make daily decisions that can also change corporations. Sometime in the near future, I hope to meet this couple I respect very much.

Get to know them in their reality-TV-like documentary where they welcome the world into their New York City home:

Publish Post

Michelle says the no impact way of life gave her the following benefits:

- time slowed down
- she felt like she lived more in the moment
- she was much happier
- her family became much closer

Change yourself to change the world with the [No Impact Project](#).

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## **Top 10 Ways to Green Your Valentine's Day**

Check out these great gift ideas from University of Waterloo Faculty of Environment students!