



ECO TIPS
(Hajime Nishi)

10 small steps in your everyday life to make a big difference

1. Respect nature and cultural heritage to enrich the diversity of Planet.
2. Use less water and detergent as possible to protect the environment.
3. Bring your own tote bag for grocery to reduce plastic or paper bags.
4. Walk, run or cycle for shorter distance instead of driving cars or trucks.
5. Choose environmentally-responsible products smartly when you buy.
6. Shut off the engine of your car when you stop for extended period.
7. Set moderate temperature in your house or car to conserve the energy.
8. Buy or cook minimum amount of foods to reduce the waste of grocery.
9. Recycle clothes, furnitures, bottles and papers for the conservation.
10. Leave nothing but your footprints on streets, trails and fields.

Read more about the Ecomarathon International Evaluations (EIE) ratings system at <http://ecomarathon.org/>

Laguna Phuket International Marathon™
www.phuketmarathon.com

Go Adventure Asia (Chip Timing Co., Ltd.)

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