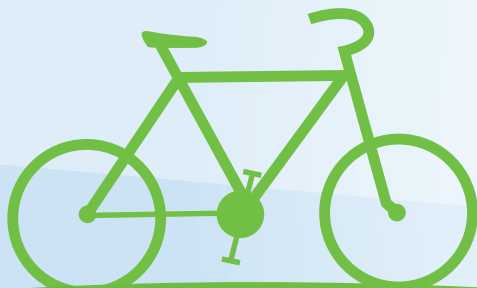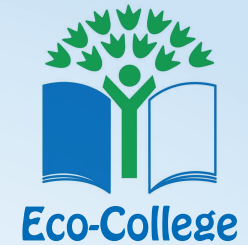# Healthy living, transport and global citizenship

- Buy local, fair-trade products where available.

- Consider how your actions affect people and the environment: locally and globally.

- Be healthy; take regular exercise. Try to walk or cycle, or consider sharing transport at college and to work.

Set an example; inspire others to follow.