

BONUS! PULLOUT MAG ▶

**OK!**

BEYOND THE CAR

Jessica  
Alba

Pink

Push

Kate  
Hudson

# BABY BODY PANIC

Stars reveal the extreme pressure they're under to get their bodies back after birth

Plus! MKR Exclusive! Tassie family fights back



Jess & JT's split  
**THE AFFAIR  
THAT TORE  
THEM APART**



Ryan's

**LOVE CHILD  
DRAMA**



It's war!

**KRIS TURNS  
ON SCOTT**

NOVEMBER 26, 2011  
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\$4.99 CAN. &  
MEX. (P) 000000



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## GREEN TRAVEL

### 37. GO PUBLIC

Taking public transport over a 15km commute can save 1.9 tonnes of carbon dioxide each year and reduce air pollution. Well, if it's good enough for Madonna...



### 38. DID YOU KNOW

Flying during the day produces less carbon pollution than at night. See *Lonely Planet's Best Ever Travel Tips*, \$14.99, for more tips.

### 39. GO HYBRID

I drive a hybrid, actress Eva Mendes says. As well as only using around five litres of petrol per 100km, hybrids burn fuel more cleanly and have up to half the emissions of a regular car.

### 40. SNOW BUNNY

Celebs love to hit the slopes come winter, and at Perisher ([perisher.com.au](http://perisher.com.au)), you can power through the powder knowing that the chairlift lights and snowmaking machines use 100 per cent GreenPower.



### 41. SLOW DOWN

Driving at 90km per hour uses a quarter less petrol than driving at 110km per hour.



Not only is riding great for the environment, it's also a fun way of staying active with the family. A to the Beckhams.

### 43. SHORT TRIP

Forty per cent of car trips in Metropolitan Melbourne are less than 2km, which would take just five minutes on a bike ([rideabike.com.au](http://rideabike.com.au)).

### 44. SCOOTER CROWD

Julia Roberts, Naomi Watts and Hugh Jackman are all A-list scooter fans. Scooters use as little as 1.5 litres of fuel per 100km and you'll rarely have to pay for parking - bonus!

### 45. GLAMPING

Sanctuary Onosa's ([obercrambiekent.com.au](http://obercrambiekent.com.au)) tented camp in Kenya is not only spectacular but an eco Warrior Award-winner, too.

## 46. ANIMAL INSTINCT

Being green goes beyond the scenery... Animal protection is just as vital for a healthy eco-system, which is why Kate Hudson supports celeb hairstylist David Babikian's range for WildAid (animal rights advocacy).



### 47. DOGGY BAG IT

With around 40 per cent of all consumer waste being food, don't be embarrassed to ask for a doggy bag when you eat out. Katherine Heigl does!

## 48. ZOO-LANDER

If you want to spot celebs like Nicole Richie when they come to Australia, then Sydney's Taronga Zoo ([taronga.org.au](http://taronga.org.au)) is a sure bet. Visiting reputable zoos helps to raise funds and promote conservation, like Taronga's recent rehab and release of endangered turtles.

## 49. CHEERS!

You can even go green with your favourite apple! Tambourine Wines and Mountain Gooli are organic options, while Taylors Wines Eighty Acres range is carbon neutral.



## 50. GREEN BABY

Wrap Me Up Organic is an eco-friendly sleep wrap made from all-green materials. It helps keep bubs snuggled up for sleep, but with their arms still able to move. Available in three sizes, for \$44.80, stockists at [loverbaby.com.au](http://loverbaby.com.au).



## 51. GET ON THE BOTTLE

Australians spend over \$544 million on bottled water, and around 77,000 tonnes of these plastic bottles end up in Aussie landfill each year. Ditch the throwaways and pick up one of Bobbie's water filter bottles. They're made from recycled materials and are actress Kristin Bell's 'new obsession'. It has a filter inside that works for 300 uses. I bought one 10 of them! she says. Bobbie: \$14.95, see [waterbobbie.com.au](http://waterbobbie.com.au) for stockists.



## 52. ENJOY A CUPPA

Nespresso, fronted by George Clooney, partners with Rainforest Alliance in a sustainable coffee program. The company's new 'Pura' coffee machine (\$399, [nespresso.com.au](http://nespresso.com.au)) consumes 40 per cent less energy than your average A-class coffee machine.



## 57. LOOK FOR BAMBOO

Quickly becoming an eco hero, Bamboo is fast-growing and leaves little waste. Pick up these stylish wire racks from Howards Storage World ([how.com.au](http://how.com.au)). From \$39.95, fits six or nine bottles.



## 53. GREENER COLOUR

Not a natural redhead? Atlanta Watercolour's at-home hair colour is ammonia-free and peroxide-free and comes in a reusable plastic container. \$24.95, [atlantashair.com](http://atlantashair.com)



## 58. PHONE IT IN

Time to upgrade? Head to mobilemonster.com.au or [mobiophonerecycling.com.au](http://mobiophonerecycling.com.au) to recycle your old phone.

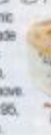
59. Did you know...  
Nearly 90 per cent of the energy used by washing machines is in the heating - so solid wash where you can!

## 54. HOME GROWN

Nicole Kidman's green lifestyle includes growing her own food on her 14.5-hectare farm in Nashville. Growing your own veges isn't just about cooking up your own produce, it's about putting any available land to good use - which means less pressure on the agriculture system.

## 55. SWAP TO HONEY

There's nothing more natural than this Mojo Sunny Honey - even the labels are recyclable! The bees actually create their home in the jars, so you have a pure product and an amazing-looking gift, too. Honeycomb, \$19.95, [mojosunnyhoney.com.au](http://mojosunnyhoney.com.au)



## 60. IT'S OK TO INDULGE!

When is one chocolate better than the other? When it's Fairtrade or Rainforest Alliance certified. By supporting these two organisations, not only are you getting a tasty treat, you're also ensuring fair wages and safe working conditions for those who need them the most, and helping the earth by supporting sustainable farming methods.

## 61. FISH SUSTAINABLY

If your family is big on fishing or eating seafood, be sure to check out the Australian Marine Conservation Society's Sustainable Seafood Guide ([amcs.org.au](http://amcs.org.au)).



## 62. WHAT A JEWEL

You may have spotted this cute Dogared necklace on Jennifer Aniston. The company is environmentally sensitive and supports various charities. Get your Dogared 'Make a Wish' necklace at [kindredgifts.com](http://kindredgifts.com), \$94.95.



## 56. RECYCLE YOUR SPECTACLES

Go a 'spare' pair of specs gathering out at home? We're sure spec-loving songstress Katy Perry has a few! Clear the clutter and recycle them at either OPSM, Budget Eyewear or Lushman & Paris stores. They'll save them from landfill and donate them to the OneSight Foundation ([onesight.org/aus-nz](http://onesight.org/aus-nz)), who will clean and restore them for the needy, not only in developing countries, but in local places like Palm Island.

## 63. GET JUICY

Kate Bosworth and Lara Bingle are both fans of 100 per cent pure organic juices from carbon neutral company Fount. Available in healthy flavours like Sour Cherry and Pomegranate from health food stores, Thomas Dux and of [found.com.au](http://found.com.au)