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LOSE 41 POUNDS IN 5 MINUTES – STOP JUNK MAIL WITH 41POUNDS.ORG!

New Year's Resolution Lasts 5 Years While You Relax and Enjoy

Ferndale, Mich. – You can make a Green New Year's Resolution that lasts five years – lose 41 pounds in less than five minutes. The average American receives 41 pounds of junk mail every year, and you can stop yours right now. The nonprofit **41pounds.org** service stops your postal junk mail and unwanted catalogs to clear the clutter off your desk and give you a junk-free mailbox. When you stop your junk mail, you also keep the trees in the forest doing what trees do best: providing oxygen for us to breathe and absorbing carbon to cool the planet. So take a moment now to start your year on a clean, Green foot – sign up for 41pounds.org.

“This is the perfect time of year to make simple changes in how we live,” says 41pounds.org co-founder Sander DeVries. “We all want to simplify our lives, so why not stop the daily deluge of credit card promotions, coupon books and unwanted catalogs?”

With 41pounds.org, you can reduce household clutter and reduce global warming:

- The average adult spends 70 hours a year dealing with junk mail.
- The world's temperate forests absorb 2 billion tons of carbon annually to help keep the planet cool and healthy.
- More than 100 million trees are destroyed each year to produce junk mail.
- Junk mail produces more greenhouse gas emissions than 2.8 million cars.
- Junk mail wastes 28 billion gallons of water annually.

41pounds.org donates more than 1/3 of the \$41 fee to the environmental or community organization you choose. These partners include StopGlobalWarming.org, American Forests, Carbonfund.org, Habitat for Humanity (East Bay), Center for a New American Dream and others.

“We are thrilled to partner with 41pounds.org, which provides a simple way to do something about global warming, while also supporting the work we are doing at StopGlobalWarming.org.” said Laurie David, co-founder of StopGlobalWarming.org.

41pounds.org stops household junk mail by contacting dozens of direct mail companies to remove everyone in your household from marketing lists. Three brothers -- Sander DeVries, Tim Pfannes and Shane Pfannes -- started 41pounds.org in 2006 as a community service.

To stop your junk mail or give a gift, go to www.41pounds.org or call 866-417-4141.

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