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Ecological integrity is defined as the situation into which all the dynamic components that makes up the ecosystems are functioning as they should be. Ecological integrity depends on healthy natural features such as wildlife, soil, climate, land reforms, water and processes in an ecosystem. There must be whole food webs such as nutrient, liveliness water cycles. A packed complement of inhabitant species that can maintain their populations and naturally functioning processes-must be in existence for ecological integrity to be achieved (Gale, 2003). Ecological integrity continues to be threatened by human activities. These human activities continue to stress ecosystems thereby affecting ecological integrity negatively. From my personal perspective, nature is a huge thing and is beautiful to take gratification. Having said that, I then believe that it should be treated with admiration and respect because it’s where we all live, and we should all help to keep it sparkling and good-looking. Nature provides us with a place that we can all call home (Gale, 2003).   
Natural resources are all around us. Natural resources are found within the environments in natural form. Some examples of natural resources are; air, oil, biomass, coal, wind energy, and hydroelectric energy are all examples of natural gas. Biomass is one of the natural resources that I use daily when it comes to cooking my food since it is a good source of heat energy. Biomass is classified as a renewable form of energy since it replenishes itself fast enough to counterbalance usage.   
Environmental degradation is recognised as one of the major intimidation facing the planet. Environmental degradation is a process through which the normal environs is compromised in some way, plummeting genetic multiplicity and the general wellbeing of the environment. This process caused mainly by human activities. Poor methods of farming practised by most the farmers contribute heavily towards environmental degradation. I strongly believe that my impact towards the environment is positive. To back up my stand, I always use my bicycle while going to the market unlike some of my friends who prefer to drive. Through the use of my bicycle, I believe that I don’t harm the environment since there is no emission of carbon dioxide gas that is considered to be a major contributor of global warming (Gale, 2003). I also don’t engage in activities that would harm the environment negatively resulting to environmental degradation.   
It is evident that human activities in one way or another interfere with the environment. Human interaction with the environment has both been positive as well as negative. Though the man have led to positive changes as he tries to make himself comfortable, it is notable that my activities has altered the order of the universe resulting to climatically changes that have led to unpredictable calamities. My Negative human activities which include pollution have caused major environmental changes. These activities have led to land, water and air pollution resulting to effects associated with pollution spilling and affecting other living creatures. Water pollution-Water is life and without it there would be no living things. Dumping in water catchment reserves has led to marine deaths, as well as distinction of some marine species (Gale, 2003).   
Land and air pollution- land has greatly been polluted through dumping of waste materials such as used cans, plastic materials, broken glass as well as well as inorganic household waste, for example, plastic bags. Having poorly disposed of waste has lead to the pungent smell that makes the environment inhabitable. Deforestation has been another major issue as we have been cutting down trees without replacement to give room for settlement as well as timber for furniture's and firewood for household use. This action has led to desertification leading to death of animals and native trees.   
It is possible for everyone to help sustain the environment. Everyone has a responsibility to take good care of the environment they exist. As man advances in technology, he has a responsibility to make technology work for him and not against him. I should embrace the need to recycle waste products such as plastic material. This reduces the act of producing more of them thereby increasing the pool of waste materials. I should also encourage the use of plastic poles to substitute the use of wooden poles. It is also the duty of everyone to ensure that we engage in healthy waste disposal methods. Different types of wastes should be disposed of differently to avoid pollution. I can achieve this through educating the community on good waste disposal methods as well as the need to plant more trees and use other means of natural energy such as solar energy for cooking. I can also educate the community on the need to use environmental friendly sources of energy such as riding and walking to workplace instead of driving.   
I would organise my goals as follows; short term goals, long term goals, and finally but not the least long term goals. Firstly, in my short term goals, I will target in educating the community around me on the need to be conservative on the environment. I would share the knowledge that I have acquired to effectively use other freely available source of energy and avoid over exploitation of non renewable ones. I would also ensure that I engage the community in planting more trees. I would totally discourage cutting down of the existing trees. Secondly, my midterm goals would involve ensuring that people fully engage in environmental friendly activities - having more people ride or walk on their way to work. I would also aim at ensuring that I hold more educative meetings with the people in order to ensure that a large group of people gets involved in environmental issues. I would also aim at ensuring that government bodies are involved (Gale, 2003).   
Finally, my long term goals would involve ensuring that the entire country is aware and part of the team ensuring the environment is well taken care. I would also ensure that the government introduces laws that heavily penalize people or a group of people as well as industries that dump their waste in an inappropriate way (Gale, 2003).

## Works cited

Bortman, Marci. Environmental encyclopedia . 3rd. Detroit: Gale, 2003. Print.