

TIPS ON IMPROVING ENVIRONMENTAL WELLNESS

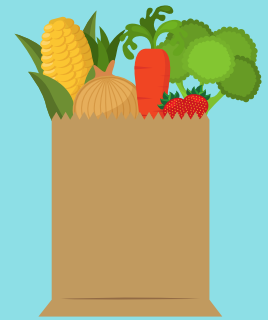


ROCKET WELLNESS®
THE UNIVERSITY OF TOLEDO

1 Start implementing more reusable products into your everyday life. Instead of using plastic water bottles, opt for a glass or stainless steel bottle. Another easy way to reduce your waste is using reusable sandwich/snack bags instead of the plastic Ziploc ones.



2 Eat local. Eating at local restaurants and shopping at farmers' markets are great ways to implement healthy produce into your diet, but also reduces pollution from transportation of foods. CSA's are another great option to help reduce pollution from transportation. Remember your reusable shopping bags when you go to shop!



3 Conserve your resources. Turn off the lights or any electronics when they're not in use to reduce your energy consumption. Help to conserve water by turning off the faucet when you're brushing your teeth and taking shorter showers. Opting for energy efficient appliances, if possible, is also an excellent option for saving energy.



4 Recycle, recycle, recycle. You'd be surprised at how many items you consume which are recyclable. Having a separate bin for plastic, glass and paper can make recycling easy and hassle free. When purchasing items like clothing or stationary, opt for items which are composed of recycled materials.



5 Focus on making your home healthier. Have you ever looked at the chemicals that are in most common household cleaning products? These chemicals may be harmful to your health. Opt for a natural cleaner instead! Keeping your home clean and tidy can also reduce risk for catching the common cold and can help with keeping allergy symptoms at bay.

