

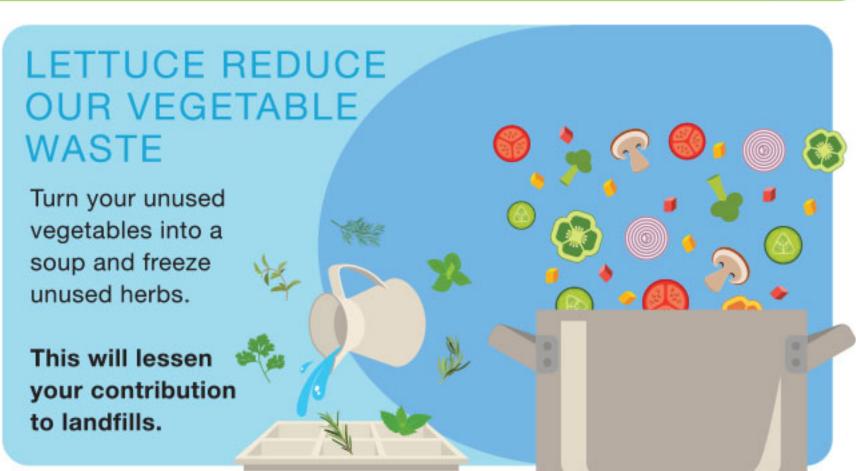
We are only as healthy as the Earth we live on. You'd be surprised how helping the planet can benefit you too!

Brought to you by:



Rethinking your habits and making small changes can have benefits for you and Mother Earth.







Adding these changes to your daily routine will positively impact your health and the environment.



## **BRING YOUR OWN**

The easiest way to prevent excess trash is by using a reusable water bottle and mug.

Drinking more water helps promote good digestive health.

## REDUCE AND REUSE

Instead of stopping by the vending machine for your afternoon bag of chips, bring some cut up fruit in reusable containers.

You'll cut back on waste and trim your waistline!



Tweaking your weekly chores will make it easier on you and better for the planet.



