



5 Tips to Improve Environmental Wellness

Because our well-being is so closely tied to the health of the environment, it makes sense to grow an understanding of the lifestyle choices we make. Start with these five simple tips:

1. **Switch to reusable water bottles.** Plastics don't decompose and impact the food chain, which make them an environmental problem. Not only will you save money by making a reusable container a habit, you'll also be reducing the amount of plastic going into landfills.
2. **Stop your junk mail.** Remove yourself from unneeded mailing lists, and request that companies email you rather than sending printed materials in the mail.
3. **Turn it off!** Turn off lights when you leave the room and upgrade your lightbulbs to more energy-efficient options. Today's LED lighting doesn't consume nearly as much energy as old, standard bulbs.
4. **Eat local.** By supporting the growers, food-service workers, and restaurants in your community, you're contributing to the economy with a multiplier effect. Plus, buying locally cuts back on transportation pollution and offers fresher options.
5. **Hang up your keys.** Walk, pedal, or take public transportation whenever it makes sense. Your legs, heart, and the at-large community will thank you for your Earth-friendly choice.



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