



8 eco-friendly lifestyle choices

Your well-being is closely tied to the health of the environment. These lifestyle choices can help you make a difference.

- 1. Eat local.** By supporting local growers, food-service workers, and restaurants, you'll contribute to the economy with a multiplier effect. Plus, buying local foods reduces transportation pollution and offers fresher options.
- 2. Stop your junk mail.** Remove yourself from unneeded mailing lists and ask companies to send you an email instead of printed materials.
- 3. Turn it off.** Turn off lights when you leave the room, and upgrade your lightbulbs to more energy-efficient options. With LED technology, lighting a room doesn't need nearly as much energy as old standard bulbs.
- 4. Choose reusable water bottles.** Plastics don't decompose, and they impact the food chain. Not only will you save money, you'll also reduce the amount of plastic going into landfills.
- 5. Hang up your car keys.** Walk, bike, or take public transportation whenever it makes sense. Your legs, heart, and the at-large community will thank you for your Earth-friendly choice.
- 6. Bring your own bag (or mug).** Single-use plastic bags and coffee cups end up in landfills. Reusable options are a more environmentally friendly choice.
- 7. Buy fewer, better things.** A cheaper item often deteriorates faster than something that's more expensive but higher quality. Secondhand stores also have great (and affordable!) options.
- 8. Embrace natural fibers.** With clothing made from fabrics like cotton, linen, or silk, you'll avoid the harmful microplastics found in synthetic fabrics.



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