



**Environmental Wellness** is an awareness of the precarious state of the earth and the effects of your daily habits on the physical environment. It is important to lead a lifestyle that is respectful of our environment to diminish negative effects.

Environmental well-being promotes interaction with nature and your personal environment to raise awareness and develop a stronger environmental consciousness while taking action to protect it.

Your daily habits matter! Suggestions to improve your environmental wellness include:

- Conserve Energy (lights off when not in use)
  - Please do not litter
  - Declutter your work and home areas
  - Enjoy, appreciate, and spend time outside in natural settings and boost your Vitamin D at the same time!
  - Avoid second hand smoke
  - Stop junk mail
  - Limit paper printing when possible
  - Snip your can six pack rings and dispose in trash (marine animals cannot see them under water to avoid)
  - Don't leave water running (running water uses 3 – 5 gallons of water/minute)
  - Use recycled bags or cloth bags for shopping
  - Volunteer with local conservation projects or on beach clean-up days
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