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**SUSTAINABLE
LIFESTYLE:**



**A TREND TO ADOPT
ECO & HEALTHY
LIFESTYLE**

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Abstract

In our pursuit of a sustainable future, we often overlook the profound connection between sustainability and our overall well-being. The truth is, sustainability isn't just about protecting the planet; it's also about nurturing ourselves and the communities we belong to. In this pdf, we'll explore how embracing sustainability can foster a eco and healthy lifestyle, benefiting both individuals and the collective well-being of our communities.



Getting Started

What is a Sustainable Lifestyle?

In recent years, the concept of sustainability has gained significant traction worldwide. As climate change and environmental instability become increasingly urgent issues, more people are embracing the idea of adopting a sustainable lifestyle.

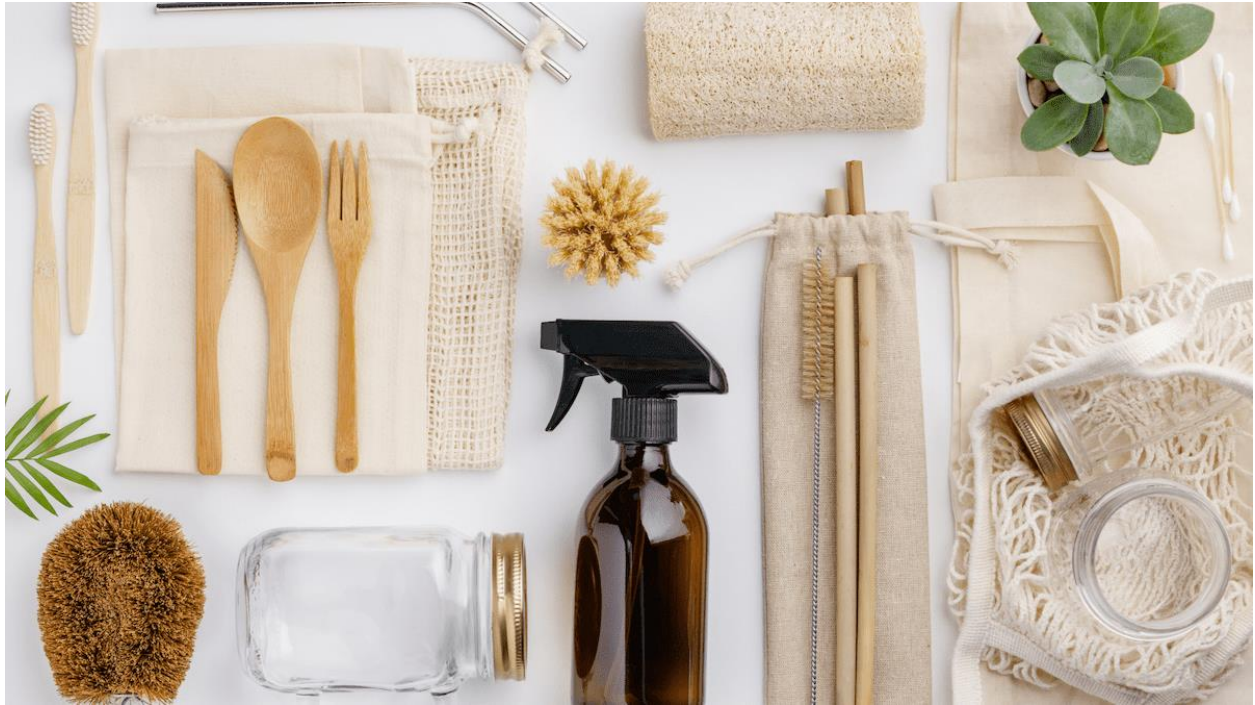
But what exactly does it mean to live sustainable lifestyle?

A Sustainable lifestyle is a way of life that seeks to reduce our impact on the environment and live more in harmony with nature. It is about making choices that will benefit the planet and future generations.

Understanding Sustainability

At its core, sustainability is the ability to meet the needs of the present without compromising the ability of future generations to meet their own needs. It involves finding a delicate balance between economic, social, and environmental factors.

A sustainable lifestyle encompasses various aspects of daily living, from the products we consume to the energy sources we utilize, and the way we interact with our communities and the natural world.



The world is slowly becoming aware and environmentally conscious about the depleting natural resources around us. People are taking efforts to build a place for themselves where sustenance of the resources is the topmost priority before creating newer ideas. There are scientists, researchers, governmental agencies, technical resources who are working at the macro level to mitigate the environmental issues. It becomes necessary that the common citizen puts his/her interest to save the planet in his/her own way that could contribute to the well-being of the natural resources and the society.

Many programmes such as clean up drives, tree plantation, waste segregation etc. have been conducted to generate awareness. It is due to this awareness that consumers are slowly becoming conscious about the products they use.

Hence, there is a sense of responsibility that is gradually developing among the users with respect to the consumption of resources. This should further intensify in a way that every individual should initiate and integrate a sustainable life, which will help to serve the purpose of the future generation. Many companies are addressing the environmental needs and incorporating sustainable policies to adhere to the working culture of the employees. Being sustainably conscious had been the way of life during the old civilizations. It is only due to the demand and luxury of the today's people, that there is exploitation of the natural resources, leading to social issues, misery, unwanted needs etc. Hence it is necessary that requirement of the people should be met but not at the cost of our environment.

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I. A Trend To Adopt Eco & Healthy Lifestyle

There are many ways that people can bring a change and start setting the trend for a Sustainable Lifestyle.

HOW WE CAN START WITH ECO-LIFESTYLE

Everyone has their own lifestyle that mainly thrives on social and financial needs. The way we treat ourselves from the very beginning, we tend to stick to the same lifestyles without knowing its consequences. The good and the bad are overlooked and what is sought after is only luxury. This irresponsible way of living leads to an unhealthy life which over a period could hamper the physical and mental health of the person and could have a greater risk to the environment as well. The main concern here is the maximum consumption of the natural resources to meet the needs of the people which further leads to over exploitation and impacts the regeneration of the natural environment. This imbalance creates pressure on the resources to fulfil the requirement at every stage of human life. Hence one should adopt

The main concern here is the maximum consumption of the natural resources to meet the needs of the people which further leads to over exploitation and impacts the regeneration of the natural environment. This imbalance creates pressure on the resources to fulfil the requirement at every stage of human life. Hence one should adopt lifestyle that gives priority to both the needs of the people on one hand, and enhancing the environment which can lead to sustainable living on the other hand. There are many ways that people can bring a change and start setting the trend for a Sustainable Lifestyle.

- **3 R's Principle (Reduce, Reuse, Recycle):** The 3R's principle forms the most basic way of initiating eco -friendly environment within a given space. It comes with lot of innovative ideas and creativity that could be utilised within the interiors as well as in the exterior surroundings. Making your life minimalistic with respect to the products and materials that hold no use could be recycled. There are materials/products that could also be reused and can add to the aesthetics of the given place. Consumers while buying any materials from the market should readily understand the need of buying them. "Is the product purchased from the super market going to solve my purpose efficiently?", it must constantly provoke everyone to come down to the concept of 'minimum use of the

material and maximum methods to reuse and recycle'. In this way, it will reduce the burden on landfills, lower down the use of electricity, reduce carbon emissions and save money.

- **Urban Farming:** Urban farming is gradually developing a large following in the metro cities. The passion to go green has made people set up individual terrace gardens and community farming. People are joining hands to train themselves for better understanding in this field and conduct programmes on small scale basis to spread the awareness. The main intent of any kind of farming is to grow vegetables that are chemical free and creates less impact on the environment. This will bring in quality food and meet the demands of the people living in the urban areas and reducing the burden on the farmlands.



For instance, Bombay Hub – a small non-profit social organization, located in one of the renowned areas of Mumbai, has started growing vegetable and herbs on their terrace. They also conduct workshops and seminars, on how to be a small-scale agriculturalist, which is gaining popularity within the region. Due to the rapid growth of population and more agricultural land getting converted into residential buildings and real estate investments, it becomes necessary that we enhance the green cover on building structure and optimize the micro climatic

factor. Vertical farming is a concept of growing in vertically stacked layers that can be introduced in multi-storeyed buildings/structures. In Bengaluru, Metro pillars are converted into vertical gardens using hydroponics, they absorb pollution and are sight for the sore eyes. There are many products available in the market that can help in growing organic food within individual homes, colonies, institutional buildings, commercial offices etc.

- **Organic Composting:** Organic composting is a way of leading a healthy environment in and around your locality. There are ways we deal with a lot of waste from household, societies and many public areas which produce both wet and dry waste. Waste should be initially segregated before its further treatment which is the most important aspect of waste management. The dry waste produced from the source could be recycled and reused whereas the wet waste which is readily biodegradable could be used as manure for landscaping. Generally, many of the societies have taken the initiative to do the same that also create a sense of awareness among the people to make efficient use of the waste. The city like Pune has set an example for other metropolitan cities by their approach on Solid Waste Management (SWM) practises. It has developed a well-planned strategy to integrate the SWM efficiently within the city to manage waste and its disposal. The government provides incentives as well as awards and recognition to the residents on adopting innovative solutions and sanitation for SWM practices. Composting of waste does not involve complex methods. It is easy to practice at an individual level with the help of kitchen waste as raw organic material. This would eventually reduce the strain on the local municipalities. Subsequently, collecting dry waste from the local areas will also monetarily benefit the rag pickers and recyclers.
- **For urban dwellers,** it is very important to consider the smallest aspect of their life. Try to live a minimalistic life, that works towards conserving things within our surroundings. From switching off room lights to carpooling, one needs to understand the importance of conserving the natural resources wherever it's necessary. Avoid using plastic materials, use items that are recycled, avoid wasting food, share or give away stuff that can be used. Small practices should be adopted to improve the behaviour and inculcate in a day to day activity.

DESIGNING GREEN INTERIORS – A LUXURY WITH SIMPLICITY

As it is rightly said “Charity begins at home”, so why not start cultivating the attitude towards respecting the environment, teaching the values to our loved one’s by taking some initiative and contributing in some way that could lead to a simplistic and yet luxurious way of living. We as an individual have always dreamt of having our own living paradise within the prime location of the urban areas giving us the most beautiful scenery of the surrounding, a living space that is filled with good views, excellent ventilation, a better environment for work, for leisure time, our daily activity etc. As these things become our necessity, it is important to know how sensible and beautiful one can design the interiors of the given space by making efficient use of the natural resources.



A well-designed space for living areas that brings the occupants in close proximity with nature, having windows with a good opening for daylight and ventilation, use of LED lights, BEE star rated products, efficient water fixtures etc. are some of the things that one can plan to have while designing their interiors. Also, while planning for furniture items, emphasis can be given to use more of salvaged materials that nowadays could be modified to enhance the look. Efficient lighting design with the standard requirement in every given space can be a very sensible at the same time adding to the décor of the

room. Having potted plants within the living room or in the window balcony can bring a lot of positivity and further improve the bio-diverse culture within the small area. This results in quality of life, increases the productivity and brings positive impact on one's health.

AWARENESS: REACHING OUT TO THE MASSES

For the betterment of the environment and to uplift the way of living life, it is necessary to put in some conscious effort to change the overall outlook of the urban lifestyle. It needs dedication and discipline on daily basis to upgrade the standard of living in sustainable fashion. Mandatory activities that encourage eco-living within the societies need to be conducted frequently to generate more awareness.

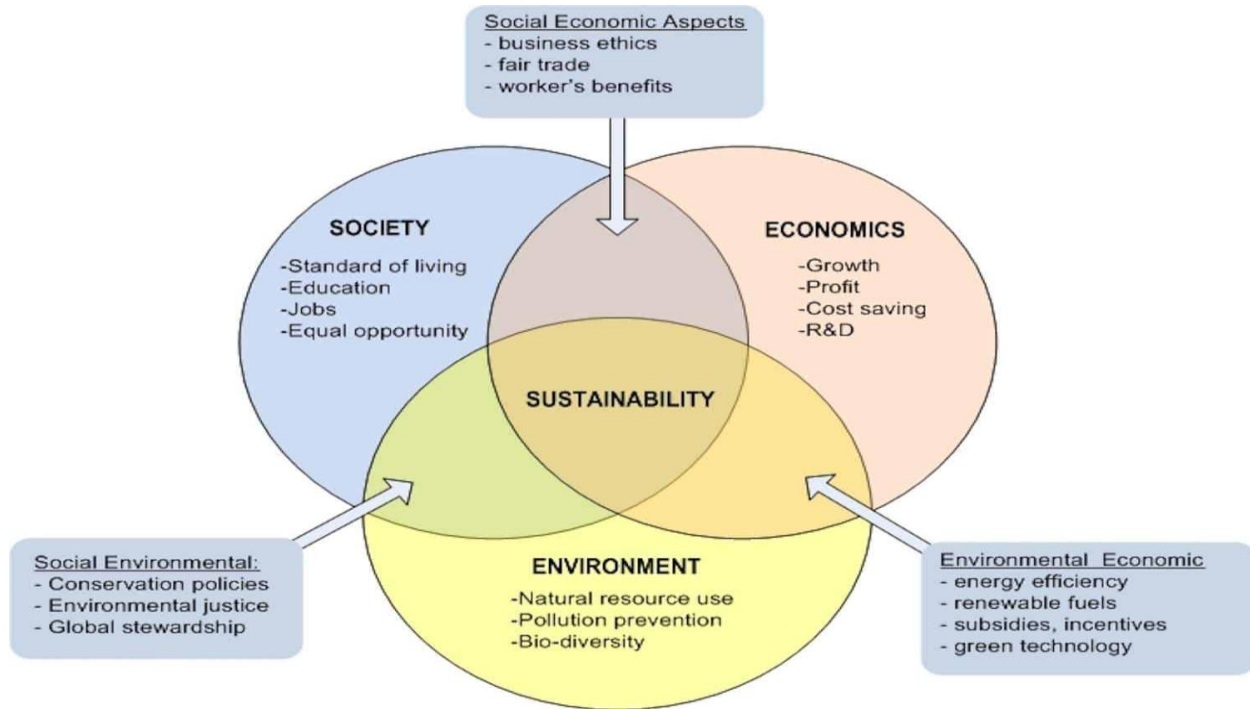
Natives of the local areas should contribute to the well-being of the locality, by monitoring its condition, conducting social programmes, involving all aged group people to participate in activities that strengthen the local environment. The young generation that has access to social media can take charge by posting their opinions about following a sustainable lifestyle over the conventional one's and how it can bring about a positive change and a different attitude towards the style of living. A minor change can have a huge impact on people towards eco-friendly living and understanding and accepting the need for it. Such efforts can lower the burden on our ecosystems, enrich our biodiversity, and nurture a healthy environment for our future generation. This in return can also help the local authorities to run in smoothly with the support of the people.

TO SET THE SUSTAINABLE TREND:

The conventional living lifestyle has made people dysfunctional. It has reduced our proximity and interaction with nature. The kind of social acceptance in various forms that involves adverse impact on the environment, biodiversity of the region has a profound effect on the health and mental well-being. We need a better upliftment of our society in terms of accepting social changes that do not hamper the environment but to find an alternative to it. In such scenarios, education and awareness are the best tools to communicate the masses. Gradually, it will boost the thought process and help the masses to consciously act towards the better cause of the environment. Together, we can build a healthier lifestyle that has a lot to offer. Hence live a life that is more

sustainable, trendy, luxurious and yet simple that costs less and contributes more to the environment.

II. The Goal Of Sustainable Living



In more complex terms, sustainable living aims to achieve an environmental equilibrium. This is sometimes called “net zero living” or striking a “zero energy balance” with the Earth.

In other words, return to the earth whatever you take from it.

Obviously, this is sustainability in its ideal form.

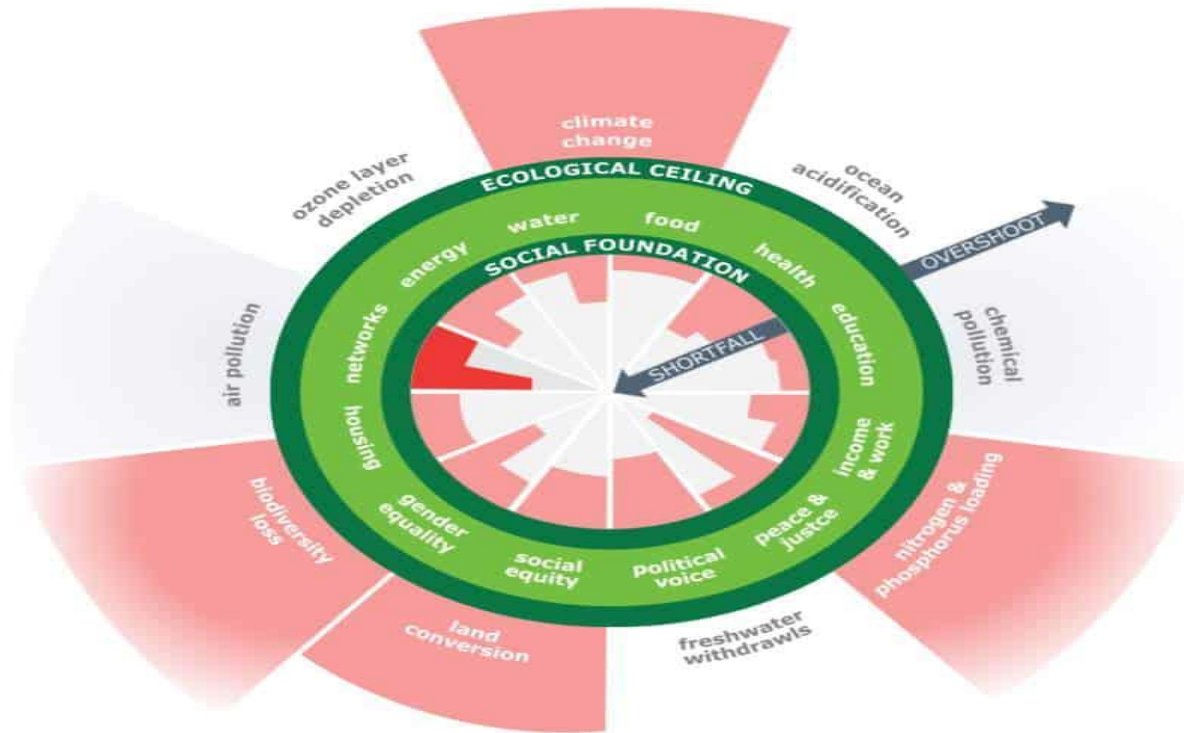
None of us will ever be able to truly achieve zero environmental impact. Which is why sustainability in its most broad sense also refers to how achievable that end is.

This is somewhat explained by the three pillars of sustainability illustrated by the venn diagram above from Penn State University. On the outside, we have the big three components: environmental, social, and economic.

All three are connected by their subcircles and converging in the center of it all is true sustainability.

We can't have one without the others.

While environmental sustainability is first and foremost what we're discussing, it's important to bear in mind that without the economic and societal means it is vulnerable to collapse.



Another super interesting way of thinking about sustainable living is using the concept of Doughnut Economics, developed by visionary thinker and Economist, Kate Raworth.

This concept uses big picture thinking to help redefine how our global and local systems can operate such that we live within our means as humanity (i.e. sustainably).

As she puts it on her website:

“Humanity’s 21st century challenge is to meet the needs of all within the means of the planet. In other words, to ensure that no one falls short on life’s essentials (from food and housing to healthcare and political voice), while ensuring that collectively we do not overshoot our pressure on Earth’s life-supporting systems, on which we fundamentally depend – such as a stable climate, fertile soils, and a protective ozone layer.

The Doughnut of social and planetary boundaries is a playfully serious approach to framing that challenge, and it acts as a compass for human progress this century.”

III. What Does Sustainable Living Look Like?



Reducing our impact on the planet: sounds simple enough... right?

There is no perfect picture of “sustainability”. It’s very much a personal interpretation. There are however lots of different strategies, actions and lifestyle tweaks that together make up a much more sustainable way of living.

But while no one can be perfectly sustainable, the sky’s the limit for how far along the sustainable spectrum you can go. Here are some of the most impactful and practical sustainable living components:

Use your voice:

Much of what we talk about at Sustainable Jungle is about using your voice, either directly through raising awareness and standing up for change or indirectly through making sure what you spend your money on really counts.

So as a precursor to the rest of this section, the most important thing you can do is to vote for those challenging the status quo, making positive environmental and social change; demand better from our leaders in power and vote with your dollar by supporting those that are making a difference.

Renewable Energy:

Sustainable living says “no” to fossil fuels (and not just because we’re running out of them). Their extraction not only destroys the planet, but they burn dirty, releasing tons of CO2 emissions.

Renewable energy on the other hand includes energy derived from unlimited sources (i.e. sun, wind, water, geothermal, and biomass) that are clean to use and much less impactful to source.

The benefits of renewable energy, both environmentally and economically, make it one of the biggest sustainable living solutions.

Action: The most impactful action here is to research renewable energy providers in your country/city and make the switch for your home energy. Also, if you can encourage your workplace to do the same. A great example of a renewable energy provider is the UK’s Bulb Energy – we interviewed the founder on our podcast.

Organic and Regenerative Farming:

To a large extent, organic food is grown without the use of chemical pesticides and herbicides. It’s not only better for you but MUCH better for the environment.

In fact, inorganic farming is one of the leading causes of biodiversity loss (which, by the way, is one of three planetary boundaries considered over the level of safe human/environmental interaction).

That’s because agricultural chemicals are killing insects. And over 40% of the world’s insect species are declining, which will only lead to a food chain catastrophe.

Action: We as the consumer can choose to purchase from farmers that use organic and regenerative methods. You can often find these types of farmers at local farmers markets and many now have online stores. The more of us that are privileged enough to afford the extra cost, the more these methods will become viable and more affordable.

Plant-rich diets:

Farming methods aside, adopting a plant rich diet is an incredibly impactful way to live more sustainably.

According to Project Drawdown:

“Plant-rich diets reduce emissions and also tend to be healthier, leading to lower rates of chronic disease. According to a 2016 study, business-as-usual emissions could be reduced by as much as 70 percent through adopting a vegan diet and 63 percent for a vegetarian diet, which includes cheese, milk, and eggs. \$1 trillion in annual health-care costs and lost productivity would be saved.”

In fact, the meat and dairy industry takes up 83% of all farmland and is responsible for 60% of the agricultural industry’s 13.7 billion tons of yearly greenhouse gas emissions.

The Vegan Calculator suggests that adopting a plant-based diet can save 401,500 gallons of water, 10,950 square feet of forest, 7,300 pounds of CO2 emissions per person per year (not to mention the 365 animal lives saved).

Numerous studies, such as the Natural Resources Defense Council’s report “Less Beef, Less Carbon”, all echo the same truth: meat, at least the way it is farmed today, is unsustainable (not to mention inhumane).

Action: Switch to a plant-rich diet! Note that, for many the thought of switching to an entirely vegan diet doesn’t sit well, and for some, other health concerns can get in the way. If this is you, consider simply eating less meat. Again, every bit counts and if everyone adopted Meatless Mondays, weekday veganism/vegetarianism, or a flexitarian diet, the impact would certainly not be insignificant.

Grow your own food:

Anyone who has grown their own tomato knows the satisfaction of making something from just about nothing and the taste is oh so good!

Growing your own food using organic methods not only greens urban spaces but also sequesters carbon, make cities greener, increases biodiversity and reduces food travel miles.



In that vein, we've seen a recent surge of urban farming efforts, either through a community garden or private apartment garden. This keeps food grown locally, organically, and without excess: the trifecta of sustainable food.

Action: If you're new to gardening, try grow some herbs on your window sill and build up from there!

Food Waste:

Food waste is the most ridiculous problem facing humanity and should be so easily solved.

Project Drawdown lists food waste as the #3 most impactful solution to reducing carbon. Food is currently wasted all the way along the supply chain and it is extremely destructive in landfill, making up 8% of all emissions.

Action: As a consumer, we can massively reduce food waste in the home with better planning, preserving and freezing food, finding creative ways of using food scraps, composting and growing your own food. Additionally, buying products from the supermarket that are close to expiry helps prevent them from going straight to landfill

Reducing Individual Modes of Transportation:

Sustainable living seeks to replace gas-guzzling, high horsepower vehicles with fuel-efficient, hybrid, or electric cars. It also encourages people to drive

less, whether through human-powered modes of commute (e.g. cycling which has a host of other benefits too) or public transportation.

Sustainable Building Models:

Rather than using synthetic materials like vinyl and PVC (the WORST of all plastics according to this video by Safe Water Advocacy Alliance), sustainable living focuses on organic and biodegradable materials like adobe, untreated wood, bamboo (like Tencel), recycled metal, straw, and reclaimed brick.

Combined with green building designs, this makes for the literal building blocks of future sustainable structures.

Self Sufficiency:

There is a spectrum when it comes to self sufficiency and some folks are well advanced!

At its top tier, sustainable living takes us off-grid, referring to a decentralized self-sustaining home independent of fossil fuels or mainstream non-renewable energy sources.

Off-grid homes utilize not only renewable energy, but make use of naturally collected rainwater, composting toilets, and wood burning heat. Oh and they grow their own organic produce, too.

Not to mention keeping produce fresh and preserving food to reduce food waste.

IV. Why Everyone Should Try To Live Sustainably

Sustainability and zero waste may be trending, but sustainable living (and even sustainability for kids) must become the status quo.

It's a necessary lifestyle ethos that should become the default if we want to preserve the planet for future generations.

Not only is the natural beauty of the planet quickly disappearing so that our grandchildren may never experience the awe that comes from overlooking a glacier, but we're making on our way to making it darn near unlivable.

Climate change is happening. Resource depletion and biodiversity loss is happening. And we're not just running out of unnecessary fossil fuels, but out

of things like fresh water, which every single person and lifeform on the planet needs to survive.



The term itself denotes its own importance. Sustainable living: a means of sustaining life on this planet.

Even more than protecting it for our own self-preservation (a still inherently selfish motivation), we have a duty to protect our one and only planet...because the chances of finding another are probably at this stage more sci-fi than anything.

The sheer existence of Earth is a statistical improbability, and the future of this infinitesimally rare planet depends very much on how we humans (a mere blip on the planet's timeline) behave.

Earth is precious and it's time we start acting like stewards (even if we have to follow a sustainability app), as individuals, businesses, industries, and entire communities.

This is exactly what sustainable living encourages us to do.

How To Live More Sustainably At Home

Many of the simplest sustainable living ideas are those that take place in your house and in your day-to-day life. Here are some of the most common as well as most impactful changes you can make.

➤ **Conserve water**

The first step to conserving water in your house is to be more conscious of how much you're using and wasting while completing household tasks.



➤ **Conserve energy**

Similar to water usage, most people don't realize how much energy they are using in their homes—but taking steps to conserve it is good for the environment (plus takes some pressure off your wallet).

➤ **Ditch single-use plastics**

One of the easiest ways to reduce plastic pollution is to avoid single-use plastics.

➤ **Recycle**

“Recycling can be a great way to live more sustainably,” says Levine. While it’s true that recycling can help you be more eco-friendly, there are rules that need to be followed to prevent your recycling from winding up in a landfill.

Can You Recycle It?

YES		NO	
 Paper	 Cardboard	 Greasy food containers	 Combined materials
 Aluminum & other non-scrap metals	 Rigid plastics (#1-7)	 Hazardous waste	 Food
 Styrofoam	 Glass	 Electronics/ light bulbs	 Organic waste
		 Plastic bags	 Clothes

*Check with your local recycling center



➤ **Sell unwanted items**

Whether you need to get rid of old clothes, electronics or other household items, it's easier than ever to sell your old and unwanted stuff.

➤ **Upcycle**

Unlike recycling, in which waste products are broken down and converted into reusable materials, upcycling involves taking a product and turning it into something else of equal or higher value.

➤ **Make your own cleaning products**

Indeed, making your own cleaning products not only reduces your environmental footprint, but this sustainable living idea can help improve your health as well.



The need of the hour is to go natural and reduce the impact your cleaning habits have on the environment. Start by creating an eco-friendly cleaning routine for your home.

If you cannot, you can always hire a green service for routine house cleaning or vacate cleaning in Perth.

However, be the change you want to see in the world, by using the tips below to switch to non-toxic and natural cleaning methods and have a green house sanitation routine.

It will help you have a healthy home, prevent exposure to chemicals and save the environment.

- **Say Yes To Natural Cleaners**

Unless your household areas are extremely soiled or need professional cleaning, routinely sanitise them with organic products. Cleaning vinegar, baking soda, soap nuts, oxalic acid, rock salt and Castile soap, among others, are natural cleaners readily available in homes.



These products are non-toxic and safe to use around children and pets. They are the perfect instruments to change the way you clean.

- **Invest In Energy-Efficient & Green Cleaning Equipment**

Before purchasing any cleaning equipment, check its energy star rating to determine its energy efficiency and consumption. Additionally, choose machines that reduce the usage of chemical cleaners and non-reusable products.

For example, steam cleaners usually only need water to sanitise and disinfect household surfaces. Thus, professional end of lease cleaners in Canberra use such tools to clean effectively and economically.

- **Limit Use Of Non-Reusable Cleaning Tools**

Make an effort to limit the usage of paper towels, disposable wipes, tissues, and non-reusable cleaning tools. Aim to stop purchasing these products, as most paper and plastic waste generated from these products end up in landfills. Replace such tools with washable cleaning cloths, towels and rags made with cotton, microfiber or other eco-friendly materials.

- **Sanitise Dishwasher, Oven, Coffee Maker & More With Vinegar**

To prevent the dishwasher, oven, microwave and other appliances from becoming smelly and grimy quickly, use vinegar to sanitise it regularly. After wiping these fixtures, spray a solution of white vinegar and hot water then wipe with a dry cloth or paper towel.

Vinegar is an excellent degreaser that can dislodge any food bits, gunk and grease leftover after use. It will also prevent the growth of mould and mildew as vinegar kills mould spores.

- **Make A Multi-Purpose Cleaner For House Cleaning**

Mix warm water and white or cleaning vinegar in a spray bottle or a container in equal proportions. Add one to two teaspoons of dishwashing liquid or castile soap to this solution. Also, add a few drops of an anti-microbial essential oil like lemon, eucalyptus, tea tree or any other.

You can use this cleaner to sanitise almost any household surface or fixture without chemicals and toxins. You can use this solution during expert vacate cleaning in Perth and save a ton of money as well.

- **Steam Clean The Microwave**

Loosen food carbons, grime and gunk inside the microwave with steam to avoid applying elbow grease.

- ✓ In a bowl, add water, white vinegar and lemon slices.
- ✓ Heat the mixture for a minute or two and let it remain inside for 5 minutes.

- ✓ Open the equipment, remove the bowl and wipe the insides with a paper towel.

This method can help you clean the device without using harsh oven cleaners that contain harmful toxins like sodium hypochlorite, benzene, bleach, ammonia etc.

- **Remove Oily Stains From Kitchen Surfaces With Salt & Lemon**

Salt can absorb grease and lemon can dissolve it, making both powerful ingredients excellent for removing oily stains from any surface. Sprinkle the salt on the grime and let it dwell for 5 minutes before squeezing lemon juice over it.



Next, scrub the affected area with the lemon and wipe with a damp cloth. Not only does this clean the oily stains, but it prevents any bad smells and keeps indoor air quality good.

- **Dispose Of Plastics & Chemicals Responsibly**

Never dispose of chemical cleaners in the drain or garden, as they contaminate the soil and water with volatile organic compounds and toxins. Additionally, collect plastic bottles, tools, single-use items and other waste in separate bags. Contact your nearest recycling and waste management centre

when you need to dispose of chemicals and plastics responsibly. With their guidance, you can plan a waste collection or drop-off.

- **Use Microfiber Cleaning Products For Dusting & Cleaning**

Invest in microfiber mops, towels, cloths, dusters and other products to reduce the need for using chemical cleaners. Since these products are washable and reusable, they help limit the use of disposable or plastic cleaning tools. They also help you keep your home clean without breaking the bank. You can dust surfaces/fixtures and clean everything in your home with microfiber products.

Keeping your home clean with natural and non-toxic products and tools is the need of the hour. Thus, use this guide to make an eco-friendly cleaning routine for your home and avoid exposure to dangerous chemicals.

V. What Else Can We Do To Start Living Sustainably

We already covered some key actions you can take above but here are some more ideas!

From here, take baby steps. Rather than setting your sights immediately on profound world-shattering changes, focus on what you can do TODAY to reduce your impact. Then think about what you can do tomorrow and keep going from there.

No one expects you to start living off-grid immediately (or ever, really, because that's just not realistic for most people!).

The first thing we suggest you do is get inspired by all the amazing sustainable living and zero waste bloggers out there.

Next, familiarize yourself with the 5 R's of zero waste. In the context of zero waste, they apply to product consumption and disposal.

However, they're also essentially a low impact strategy that certainly overlaps with the ethos of sustainable living.

- ✓ Refuse what you do not need
- ✓ Reduce what you do need
- ✓ Reuse by repurposing stuff and choosing reusable over disposable
- ✓ Recycle what you cannot refuse, reduce or reuse

✓ Rot (compost) the rest

There are so many changes you can make.

Final Thoughts

The connection between sustainability and personal health is a powerful reminder of the intertwined nature of our existence. By embracing sustainability, we foster a healthy lifestyle that nourishes individuals and empowers communities. Let's recognize the transformative potential of sustainable choices and actively participate in creating a future where the health of both people and the planet thrives.

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