

SIMPLE CHANGES THAT CAN HELP SAVE THE PLANET

EAT LESS MEAT

Replacing two of your meat dishes a week with vegetarian or vegan options such as pulses or tofu can significantly reduce your carbon footprint and improve your health



MAKE SWITCHES

Swap ultra processed and packaged foods for more healthy locally produced fruit and vegetables.

EAT HEALTHY FOOD

Eating healthy foods may improve your health which could lead to less time spent at the doctors surgery, so a reduction in travelling and prescribed medication.



CYCLING

By cycling to and from your destination you could improve your cardiovascular health and maintain muscle mass into older age.



WALKING

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy. This can help with our mental health. Aim for 10,000 steps per day.

TAKE MORE EXERCISE

Changing how you travel to and from your workplace or destination can make a huge difference to our planet. This could lead to a reduction in CO2 emissions, could help you maintain a healthy bodyweight and could improve your overall health and wellbeing.

HOW DO THESE THINGS COMBINED HELP THE PLANET?



THESE CHANGES COULD...

- Reduce CO2 emissions
- Improve body weight
- Improve health
- Improve overall sense of wellbeing
- Reduce travel to GP appointments
- A reduction in prescribed medication