Go green for good.

Go green for a good cause – your health!
Here are 10 easy ways you can better your health and the environment:

■ **Buy Local.** Fresh food means a greener kitchen and a healthier body. Even if you don’t go organic, try to shop locally — the fewer miles the food travels, the better.

■ **Grow Your Own.** You’ll enjoy the exercise gardening offers as well as the nutritious produce that grows up around you. Plus, you won’t have to drive to the store to pick up a salad.

■ **Make Healthy Snacks.** Mix your favorite nuts and dried fruits and store them in reusable containers. You’ll know it’s fresh and you won’t have to pay extra for fancy packaging.

■ **Use Natural Cleaners.** Baking soda or diluted vinegar are effective household cleaners. They’re also inexpensive, easy to find and chemical-free.

■ **Drink Tap Water.** Believe it or not, tap water has stricter standards than bottled water. Plus, you’ll be keeping more money in your pocket and putting less plastic in a landfill.

■ **Stay On Track.** When hiking, avoid going off trails. Your footsteps may be followed by several thousand others, causing damage to natural ecosystems.

■ **Leave the Car.** Walk or take public transportation when you can. Both are better for the environment, and it’s less stress for you when you leave the driving to someone else.

■ **Wash Your Hands.** It’s a natural way to protect yourself and others from the common cold. In fact, it’s probably the single most important preventive step you can take.

■ **Get Fresh Air.** Just 20 minutes boosts your energy for the whole day. Being outdoors can also reduce depression and promote healing.

■ **Decorate with Green.** Live houseplants are attractive and naturally cleanse the air to help us breathe easier.

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BPS Employee Wellness Program