

Live Healthy. Live Green.

# Be healthy at each cycle of life. Recycle along the way.



- Being healthy at each cycle of life includes healthy eating, exercising, getting quality sleep, and avoiding smoking and secondhand smoke. It also includes getting health tests and vaccines that you need.
- Re-use paper bags.
- Buy recycled products and items that come in recycled packaging.
- Donate usable items to others instead of adding them to the trash.
- Rely less on disposable products used for eating, cleaning, and grooming. Use rechargeable batteries.
- Recycle paper, newspapers, junk mail, aluminum cans, glass bottles, and plastic. Follow the recycling rules of your city. If you do not have home recycling, take items to a recycling collection center. To find one near you, call 800. CLEAN.UP (253.2687) or visit [earth911.com](http://earth911.com). Involve the whole family in recycling. Recycle at your place of work. Encourage coworkers to do the same.

