

Live Healthy. Live Green.

Trim your waist & environmental waste

- Waist measurements of more than 40 inches for men and more than 35 inches for women increase the risk for diabetes, heart disease, and high blood pressure. Exercise more and eat less to trim your waist. Limit high calorie foods.
- Cut calories and car exhaust at the same time – walk and bike more; drive less. Doing these saves money on gas, too.
- Ride the bus and subway and carpool when you can.

- When you shop, BYOB (bring your own bag). Use a cloth bag, one made out of recycled materials, or re-use paper or plastic bags from past shopping trips. When you can, walk to local stores and markets.
- Control portion sizes.
- To reduce packaging, buy food items in bulk when you can. Divide bulk food items into single serving re-usable containers. Buy concentrated household products, such as laundry detergent, too.

