

Change Choices Good, Better, Best

Healthy Living



Stepping Up to Sustainability

Stepping Up to Sustainability – how can we live more sustainably and make positive lifestyle choices?

In 2011, WESSA launched the 'Stepping Up to Sustainability' concept. With the support of various partners, USAID and other funders, eleven 'Sustainability Commons' have been established across South Africa.

Each of these 'Sustainability Commons' practices sustainable living by:

- reducing, sorting and managing waste better,
- installing renewable technologies,
- conserving and teaching about water management, as well as,
- providing experiential courses on biodiversity.

The goal is simple - to put into practice the lifestyle choices we all need to make! These innovative concepts are set to expand as we all 'step up to sustainability' and seek to change our environmental footprints into environmental handprints of practice for a more sustainable future!



Healthy Living

A healthy lifestyle is composed of many things of which diet and exercise are the most obvious.

Learning to deal with stress, sleeping enough hours, not smoking and drinking responsibly are also part of the equation

The aging process can be slowed by making healthier choices in different areas, and many chronic diseases can be prevented.

Leading a healthy lifestyle can do more than prevent disease. It can also help you have more energy and stamina, stay slim, be more alert, fight stress and live a longer life.

Switching to a healthier lifestyle doesn't need to happen in a day. Making smaller changes and smarter choices that you can live with in the long term, are better and will provide lasting results.

This 'Change Choice' pamphlet was developed by Graham Burt, Armindo Monjane and Esmay Swarts during a workshop at the 2012 EEASA 30th Annual Conference and Workshop held in Grahamstown.

Did you know?

Fruits and vegetables with bright colours are usually high in anti-oxidants. Anti-oxidants are good for our health because they remove free radicals in our body that damage our cells.

Did you know?

There have been many proven positive benefits of barefoot walking and running, from better posture, less stress for your feet and less stress for your joints.

Good Change Choices

Healthy Living



Shop locally. When you shop locally you are supporting members of your community, travelling less so requiring less things to be shipped meaning less carbon and pollution.



Buy organic cotton clothing.

Organic cotton is produced without the use of harsh chemical bleaches or dyes, and is allergy free.



Use homeopathic remedies.

Homeopathy is natural, safe and, the remedies are normally based on natural ingredients.



Drink clean water. Water makes up about 70% of the human body by mass. It is vital for the body's metabolic processes and serves as a solvent for many bodily solutes.



Be generous – share fruit and vegetables which you have in abundance.

Generosity connects us with others, it energizes us, and it is do-able by everyone.



Portion your food sizes. Avoid oversized portions. A healthy portion size will help you maintain good health and a healthy weight.

Better Change Choices

Healthy Living



Eat less meat. Perhaps the best thing you can do to save the environment is eat a plant-based diet. Even replacing just some of the meat you eat with grains, vegetables, legumes, fruit, and other plant-based foods can make a big difference.



Exercise regularly. Regular exercise is an important way to boost your immune system, get fit and improve your mental well-being.



Steam your vegetables. Steaming vegetables is one of the most healthy ways to cook.



Container gardening. Don't give up because you don't have enough space or live in a flat! As long as there's a spot for a container that gets between four and six hours of sun a day, you can reap what you sow.



Eat organic. Organic food is higher in nutrients, free of neuro-toxins which damage brain and nerve cells, earth-supportive, reduces pollution, tastes better and is not exposed to 'gas ripening'.

Best Change Choices

Healthy Living



Grow your own vegetables and herbs. There's nothing more satisfying than picking your own vegetables and experiencing their intense flavour.



Start a small compost heap. Virtually all plant material will decompose on a compost heap.



Start a worm farm. Worm farming is a simple way of turning vegetable and fruit scraps into a great potting soil for your garden or house plants.



Use natural pesticides. Homemade remedies are inexpensive and best of all, you know what's going into your garden.



WESSA Share-Net

People
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For **environmental resources** to support better lifestyle choices, contact WESSA Share-Net, 033-330 3931 ext 2124 or 2144; e-mail us at sharenet@wessa.co.za or visit our website www.wessa.org.za

Main funding agent of the WESSA 'Stepping Up to Sustainability' project.

Did you know?

Processed foods are anything that are not in their raw form. Many processed foods contain a high amount of salt, which leads to higher blood pressure and heart disease.

Did you know?

Meditation quietens your mind and calms your soul.

Practice the
lifestyle choices
we all have to make!!