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go  
organic

**W**e are what we eat. There is no comparison between commercial agriculture – a big user of fossil fuels, synthetic pesticides, hormones and antibiotics – and organic agriculture, which uses natural pesticides, supports healthy soils and works in harmony with the seasons. You could grow a veggie patch in your back garden, or plant some fruit trees, for your own organic produce. Organic food not only tastes better, but it's been proven to contain more beneficial nutrients and minerals. For your next grocery shop, look for organic alternatives and remember all organic food and products are certified – so look for the Australian Certified Organic logo.

- *eat, shop and live organic*



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free healthcare

**T**he average home and workplace is host to a staggering array of chemicals and toxins. Yet the health benefits of fresh air and natural light are well known – and free. Enjoy the outdoors more by bringing them inside with natural light. Regularly detox your home by opening windows and doors to refresh the air, and install skylights to enjoy free natural light for up to 14 hours a day. Invest in some air-purifying houseplants such as a peace lily, mother-in-law's tongue or a spider plant. Also choose heating and cooling systems that circulate fresh air instead of systems that recirculate old air through your home or workplace.

- *indulge in fresh air and natural light*



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get personal



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**W**e all use soap and other products to keep ourselves clean and healthy. However, many toiletries and cosmetics contain chemicals that have not been tested properly and could cause health problems, not only for people but for the Earth as well. Everything you put on your skin ends up in your body, so always choose natural and organic over synthetic products. Also keep in mind that products labelled as natural are not certified as organic products are – many contain just one or two natural ingredients. Be an aware consumer and always check for certification.

- *choose organic over synthetic products*

Photo: Corbis Australia

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health



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keep  
fit and  
healthy

**I**f you want to help save the world, it's best to start with yourself. Combine an active lifestyle with healthy eating and get out in the great wide world to exercise. For basic health and fitness, national guidelines recommend adults do a minimum of 30 minutes exercise a day (60 minutes for children). Regular physical activity is good for your sense of wellbeing and general health. It helps to prevent heart disease, stroke and high blood pressure and reduce the risk of developing type 2 diabetes and some cancers. Join a team, play a sport, take a walk on the beach, swim and hike. Measure the time you spend indoors and try to balance it hour for hour with outdoor activities as well. Open up your lungs – breathe deep and smell the fresh air.

- *be active every day in many ways*

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