

# Good for the Planet, Good for YOU



## AVOID PLASTIC BOTTLED WATER

**93%** of samples tested by researchers contained microplastics<sup>1</sup>

Plastic water bottles take up to **1,000 years** to degrade<sup>2</sup>

## Produce at Peak Ripeness Has More:

Potassium, Magnesium, Phosphorous, Vitamin C & A<sup>5</sup>

**19%** of total food-system emissions come from transport<sup>6</sup>



## BE A LOCAVORE

## PLANT MORE TREES



**Looking at Trees Reduces:** Stress, Blood Pressure & Cortisol<sup>3</sup>

A mature tree will absorb **48+ lbs** of carbon dioxide in 1 year<sup>4</sup>

Biking instead of driving just once a day reduces the average person's carbon emissions by **67%**<sup>7</sup>

Commuting by bike reduces overall risk of early death by **47%**<sup>8</sup>



## TAKE YOUR BIKE

**4**

## Easy Ways to Improve Your Health & the Environment

[1] Mason, Sherri A., et al. "Synthetic Polymer Contamination in Bottled Water." *Frontiers*, 20 Aug. 2018, [www.frontiersin.org/journals/chemistry/articles/10.3389/fchem.2018.00407/full](https://www.frontiersin.org/journals/chemistry/articles/10.3389/fchem.2018.00407/full).

[2] Ramirez, Rachel "The plastic water bottle industry is booming. Here's why that's a huge problem." *CNN*, 16 Mar. 2023, <https://www.cnn.com/2023/03/16/world/plastic-water-bottles-un-report-climate/index.html>.

[3] "Immerse Yourself in a Forest for Better Health." *New York State*, <https://dec.ny.gov/nature/forests-trees/immerse-yourself-for-better-health>.

[4] "The Powers of One Tree – The Very Air We Breathe." *USDA*, 17 Mar. 2015, <https://www.usda.gov/about-usda/news/blog/power-one-tree-very-air-we-breathe#:~:text=It%20is%20proposed%20that%20one,have%20had%20on%20our%20environment.>

[5] McCurdy, Madison "Health Benefits of Eating Locally." *University of New Hampshire*, 17 May 2022, <https://extension.unh.edu/blog/2022/05/health-benefits-eating-locally>

[6] Mengyu, Li., et al. "Global food-miles account for nearly 20% of total food-systems emissions." *Nature Food*, 20 Jun. 2022, <https://www.nature.com/articles/s43016-022-00531-w>.

[7] Hallisey, Karen. "How Riding a Bike Benefits the Environment." *UCLA*, 11 May 2022, <https://transportation.ucla.edu/blog/how-bike-riding-benefits-environment>

[8] Thompson, Dennis. "Biking, Walking to Work a Game-Changer for Health." *U.S. News & World Report*, 17 Jul. 2024, <https://www.usnews.com/news/health-news/articles/2024-07-17/biking-walking-to-work-a-game-changer-for-health>