



# Help yourself and help the planet

## TAKE ACTION NOW TO CARE FOR YOUR HEALTH AND THE PLANET

Scientists believe climate change will have a major health impact. As well as causing more extreme weather events like heatwaves, droughts and storms, climate change will place more people at risk of food poisoning, heat-related illness and mosquito-borne diseases like dengue fever.

Adopt these healthy lifestyle changes and while reducing your risk of life-threatening illnesses such as heart disease, diabetes, cancers and strokes, you can also help the planet by reducing greenhouse gas emissions.

### WHAT YOU CAN DO NOW:

- 1** Eat more fruit, vegetables and grain, and consider eating less meat. Having such a healthy diet can reduce your environmental impact.
- 2** Buy fresh, local and seasonal food and reduce the energy required in processing, transport and storage. Better still, grow your own.
- 3** Walk, cycle or use public transport to get around; the regular exercise can help to prevent heart disease, stroke, diabetes, cancers and depression while you also reduce air pollution from private vehicle use.
- 4** Consider local holidays (especially those involving physical activity such as camping, trekking, cycling or walking) and reduce air travel, which contributes significantly to greenhouse gases.

These are simple measures you can take to become healthier and help our planet - and they may save you dollars along the way.