

Introduction

Because life on our planet is so interconnected, what's good for your health is often good for the planet's health, too. Here are our 9 things you can do to benefit your health and the planet.

1. Use your voice in the community

Help make your local environment healthier for all, by joining with others to call for change. Communities achieve more together and building relationships boosts mental and emotional wellbeing.

2. Eat a more plant-based, balanced diet

Healthier diets rich in vegetables and pulses have a smaller carbon footprint, and require much less water, than those heavy in meat and dairy. Eating better also means living a longer, healthier life.

3. Walk and cycle more, if you can

Using cars less helps reduce traffic and pollution on our streets, while being more active improves fitness and reduces our risk of conditions like heart disease and cancer.

4. Make your home easier to heat

Well-insulated homes cut energy bills and pollution while supporting good health. Use draught excluders, loft insulation or double-glazing, where possible.

5. Bring nature into your home

Boost your mental wellbeing by getting some potted plants, reduce your carbon footprint by growing food, or plant wildflowers to support biodiversity.

These are 9 simple things all of us can do to benefit our own health and protect the planet we live on.

For more information and support, go to: www.imperial.ac.uk/stories/healthy-planet

Tell us what you're doing for your health and the planet

#healthyplanet

on Twitter @Grantham_IC or by email to grantham@imperial.ac.uk

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6. Enjoy and look after natural spaces

Spending time outdoors in nature can be a great stress reliever, plus forests, parks, rivers and natural coastal areas are essential for biodiversity, absorbing carbon and reducing air pollution.

7. Be a more conscious consumer

It's easy to spend money on things that we don't need, but this increases our environmental impact and often doesn't make us any happier. Buy less, share more, avoid single-use items, repair, reuse, create, and go for second-hand, wherever possible.

8. Keep learning and be prepared

Climate change is here so it's important to learn to adapt. Find out if your area is vulnerable to extreme weather events like floods or heatwaves and take action to make your community more resilient. This can reduce the negative impact of extreme weather on our health and help us feel prepared.

9. Talk to others

Climate change can feel overwhelming. Sharing thoughts and feelings can support our emotional wellbeing, help us overcome challenges and inspire others to take action.

9 things you can do for your health and the planet

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