



Think Global, Act Local

How can your lifestyle habits help your world?

GLOCALISATION

These days we know a lot more about what is going on around the world, and social media makes it possible for the united actions of many individuals, just like you, to bring about change.

Little by little we are reducing the damage, but it is going to take a sustained effort, by all of us, over many decades to heal our environment and ourselves.

The phrase *Think Global, Act Local* urges us to be more conscious about our daily actions.

Consider the health of your family, your community and the entire planet with **every lifestyle decision you make.**



REDUCE. REUSE. RECYCLE. REFUSE!

Wellbeing: Your personal lifestyle choices will significantly influence your state of mind and future health. Good nutrition and daily exercise keep you vital and engaged so you can actively promote the health of your family and your environment.

Plastic: Scientists predict that by 2050, the plastic in our oceans will outweigh the fish! We can all act locally to stop that happening by refusing to use disposable coffee cups, plastic straws/cutlery, and single use plastic bags.



Drink Bottles: Did you know you can buy 13,000 glasses of tap water for the same price as a six-pack of bottled water? Be kind to the environment, and your body, by swapping out bottled water, soft drink and juice for bring-your-own tap water.





Over-packaging: Many products have multiple layers of unnecessary packaging, which often end up in landfill. For example, fruit and vegetables come in their own natural packaging, they do not need to be wrapped in plastic. Send a message to your retailer by leaving unnecessary produce packaging on the counter.

Waste: Make sure you and your family are clear about waste management, which means:

- **Changing behaviour** to reduce the amount of waste you personally generate each day.
- **Recycling and disposing of waste responsibly.**
- **Choosing reusable items** (e.g. shopping bags, coffee cups, water bottles).
- **Refusing single-use items** like plastic bags and straws, and **unnecessary packaging.**
- **Saving water** and thinking about what you wash/flush down the drain.



Travel: Drive your car less. When you do have to drive, go easy on braking and accelerating, keep your tyres pumped and your engine tuned. Better still, take the bus or train, ride your bike or walk some, or all, of the way. Every little bit helps. Your body will thank you.



Water: Only 2.5% of the planet's water is fresh. We can only access 1% of that for our needs including drinking, sanitary purposes and agriculture. Be conscious of your water usage and fix those leaks!

Electricity: The more you use, the more they have to make, and the more the environment suffers.



Turn off the lights when you leave the room.

Put on a jumper instead of a heater. Switch off electronic devices overnight. Choose low energy light bulbs and energy efficient appliances.

'The standard you walk past is the standard you accept.'

General David Hurley
Governor of New South Wales

Consistent individual commitment can lift community standards and permanently change people's behaviour for the better.

If you commit to positive lifestyle principles at home, at school, in your workplace and in public spaces, they will become second nature, and your children will begin to see them as a normal part of life.

