



**Activity Title:** LIVE GREEN FOR A HEALTHIER WORLD  
**Activity Type:** Individual  
**Duration:** One week or one month  
**Point Values:** - 35 points maximum per week  
- 155 points maximum per month

### Description

**LIVE GREEN FOR A HEALTHIER WORLD** encourages people to be environmentally responsible. The purpose of the activity is to raise awareness of the many different ways that people can conserve energy and save money at the same time. It should raise the question: Am I doing more to pollute the world or clean it up? A growing sense of inner wellbeing can increase a sense of responsibility for the world outside. Contributing to a healthier planet is a wellness activity that feels good and does good.

Participants are to record their “green” activity for one week or one month. The list of “Ideas for Living Green” below offers many popular and practical ways to live green every day. People can use these ideas, ideas from the *Resources*, or any of their own ideas to live a more environmentally friendly lifestyle. Participants are to journal their “green” actions each day and rate their effort from 0 to 5 (best). People should be encouraged to include all household members in the effort.

### How It Works

1. Determine the duration of the activity and establish incentives, if any, for points earned.
2. Share the *Description* and *Resources* with employees. Distribute the **Individual Scorecard** and the **Ideas for Living Green** list. Individuals should use the **Individual Scorecard** to rate their day, from 0 to 5; based on how “green” they lived. It is an entirely subjective rating and can include an entire household’s green effort.
3. Communicate before and during the activity, using the resources, information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
4. Post the **Group Scoreboard** in a high traffic area where individuals can enter their daily points.
5. **Certificates of Achievement** can be awarded for a month-long activity as follows:  
Gold = minimum of 120 points. Silver = minimum of 90 points. And, Bronze = minimum of 60 points.
6. Award incentives or hold a raffle for prizes at the end of the activity. If household members assisted in someone’s success, consider offering a prize for the entire household, i.e. a restaurant gift certificate.
7. Invite people to complete the **Activity Survey** and share their experiences.



## **Wellness Benefits**

- A more responsible use of resources contributes to improved financial well-being and less stress
- Eliminating toxic cleaning chemicals leads to better health and reduced allergy and asthma symptoms
- Increased physical activity improves fitness level and cardiovascular health
- Actions taken now to preserve clean air and water help future generations to live well
- Actively promoting green policies/regulations/laws can lead to significant society benefits

## **Measureable Outcomes**

- What percentage of people participated?
- Did people report that their “green” practices improved significantly during the activity?
- Did people report that household members participated?
- What percentage of participants wants to do this activity again?
- Were green practices established in the workplace as a result of the activity? If so, what kind of monthly savings can be anticipated from this?
- Was anyone motivated to take political action?

## **Resources**

50 Ways to Help (50waystohelp.com)

“50 Ways to Help the Planet”

Link: <http://www.50waystohelp.com>

Bankrate.com

“153 Ways to Go Green”

Link: [http://www.bankrate.com/brm/news/energy-environment-2007/tips\\_environmental\\_main\\_a1.asp](http://www.bankrate.com/brm/news/energy-environment-2007/tips_environmental_main_a1.asp)

City of Portland, Oregon – Office of Sustainable Development (oregon.gov)

“Green Office Guide”

PDF Link (copy and paste in address bar):

[http://www.oregon.gov/ENERGY/cons/bus/docs/green\\_office\\_guide.pdf](http://www.oregon.gov/ENERGY/cons/bus/docs/green_office_guide.pdf)

Everyday Health (everydayhealth.com)

“Green Health”

Link: <http://www.everydayhealth.com/green-health/daily-living.aspx>

Green Earth Corporate Kindness Organization – G.E.C.K.O. (corporatekindness.org)

“Get the Free Green Office Guide”

Link: <http://corporatekindness.org/blog/green-office/>

Green Guide for Everyday Living (thegreenguide.com)

Website

Link: <http://www.thegreenguide.com>

Intent Blog (intentblog.com)

“How to Green-Up Your Home to Live a Happy Healthy Life”

Link: <http://intentblog.com/green-home-live-happy-healthy-life/>



### **Resources continued**

Jones Lang LaSalle  
“Green office guide”

PDF Link (copy and paste in address bar): <https://www.cnb.com/about/Green-Office-Guide.pdf>

Living Green Magazine (livinggreenmag.com)

“10 Apps to Help You Live Green and Healthy”

Link: <http://livinggreenmag.com/2013/08/30/green-business/10-apps-to-help-you-live-green-and-healthy/>

National Geographic (environment.nationalgeographic.com)

“Green Living” Webpage

Link: <http://environment.nationalgeographic.com/environment/green-guide/#close-modal>

Natural Health (naturalhealthmag.com)

“Six Smart Ways to Save the Planet”

Link: <http://www.naturalhealthmag.com/green-living/six-smart-ways-save-planet>

Quality Health (qualityhealth.com)

“8 Benefits of Being Green”

Link: <http://www.qualityhealth.com/health-lifestyle-articles/8-benefits-being-green>

Scholastic (scholastic.com)

“Green Living – A Family Guide to Going Green”

Link: <http://www.scholastic.com/browse/collection.jsp?id=169>

The Wall Street Journal (wsj.com)

“The Secret to Turning Consumers Green”

Link: <http://online.wsj.com/news/articles/SB10001424052748704575304575296243891721972>

wikiHow (wikihow.com)

“How to Be Environmentally Friendly”

Link: <http://www.wikihow.com/Be-Environmentally-Friendly>

“How to Live a More Environmentally Healthy Lifestyle”

Link: <http://www.wikihow.com/Live-a-More-Environmentally-Friendly-Lifestyle>

Worldwatch Institute (worldwatch.org)

“10 Ways to Go Green and Save Green”

Link: <http://www.worldwatch.org/node/3915>

“12 Simple Ways to Go Green in 2012”

Link: <http://www.worldwatch.org/12-simple-ways-go-green-2012>

“Going Green: 12 Simple Steps for 2012”

Link:

[http://blogs.worldwatch.org/nourishingtheplanet/going-green-12-simple-steps-for-2012/ - more-13240](http://blogs.worldwatch.org/nourishingtheplanet/going-green-12-simple-steps-for-2012/-more-13240)

### **Additional Ideas**

- Create “Green” guidelines or policies at work that support environmentally responsible and healthy behaviors.
- Get involved in community environmental efforts. Be a recognized leader in environmental responsibility.



### **Additional Ideas continued**

- Conduct a “Green Audit” of workplace practices.
- Create a “Good Steward” award for an employee who demonstrates outstanding environmental responsibility and leadership.
- Contact political leaders to express support for more responsible environmental leadership, including: ending harmful subsidies that support major polluters of the environment, substituting green taxes for taxes on people’s work and investment, and creating environmental trusts for habitats that we want to protect (read more on this subject in Michael Strong’s book, “*Be the Solution*”).

### **One-Day Challenges**

- “Green Lifestyle Quiz” – Take a environment quiz from National Geographic (link: <http://environment.nationalgeographic.com/environment/green-guide/quizzes/green-lifestyle/#close-modal>)
- “Green Work Challenge” – raise awareness by applying Green principles in the workplace, e.g., reduce electricity usage, reduce paper consumption, measure carbon footprint of common practices etc.
- “Green Home Challenge” – list all the actions that can be taken at home to be more environmentally responsible
- “Green Health Challenge” – make “human” energy the day’s alternative energy source whenever possible, e.g., walking, bicycling etc.
- “Green Community Challenge” – join or sponsor a community environmental initiative, e.g., provide roadside cleanup, support of green laws/policies initiatives etc.
- “Green Food Challenge” – make fresh food and tap water major components of the day’s diet or promote a “Meatless Monday”
- “Green Technology Challenge” – unplug and power down electronic devices whenever possible
- “Green Entertainment Challenge” – turn off all electronic forms of entertainment and enjoy leisure time outdoors, socializing, reading, playing board games etc.
- “Green Financial Challenge” – convert receiving bills and statements from paper to electronic, donate clothing and/or household goods to a local charity etc.

### **Quotes**

1. *“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”* – Margaret Mead, American cultural anthropologist (1901-1978)
2. *“We do not inherit the earth from our ancestors, we borrow it from our children.”* – Native American Proverb
3. *“We won’t have a society if we destroy the environment.”* – Margaret Mead, Margaret Mead, American cultural anthropologist (1901-1978)
4. *“Modern technology owes ecology an apology.”* – Alan M. Eddison, Director of Green Earth Affairs in Zimbabwe



### **Quotes continued**

5. *"Don't blow it - good planets are hard to find."* – Quoted in *Time*
6. *"Conservation is a state of harmony between men and land."* – Aldo Leopold, American author, scientist and environmentalist, author of *A Sand County Almanac* (1887-1948)
7. *"I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise what is there to defend?"* – Robert Redford, Yosemite National Park dedication 1985 – actor, film director, environmentalist
8. *"All is connected... no one thing can change by itself."* – Paul Hawken, environmentalist and author
9. *"People protect what they love."* – Jacques Yves Cousteau, French sea explorer, scientist, author and filmmaker (1910-1997)
10. *"There is a sufficiency in the world for man's need but not for man's greed."* – Mahatma Gandhi, led India to independence from British rule through non-violent civil disobedience
11. *"Earth provides enough to satisfy every man's need, but not every man's greed."* – Mahatma Gandhi, led India to independence from British rule through non-violent civil disobedience
12. *"Because we don't think about future generations, they will never forget us."* – Henrik Tikkanen, Finnish author (1924-1984)
13. *"We never know the worth of water till the well is dry."* – Thomas Fuller, Gnomologia, English churchman and historian (1608-1661)
14. *"There are no passengers on Spaceship Earth. We are all crew."* – Marshall McLuhan, Canadian philosopher (1911-1980)
15. *"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."* – Aldo Leopold, American author, scientist and environmentalist, author of *A Sand County Almanac* (1887-1948)
16. *"Economic advance is not the same thing as human progress."* – John Clapham, British economic historian (1873-1946)
17. *"Suburbia is where the developer bulldozes out the trees, then names the streets after them."* – Bill Vaughn, Kansas City Star columnist and author (1915-1977)
18. *"I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority."* – E. B. White, American writer, co-authored English style guide, *The Elements of Style* (1899-1985)
19. *"Oh Beautiful for smoggy skies, insecticided grain, For strip-mined mountain's majesty above the asphalt plain. America, America, man sheds his waste on thee, And hides the pines with billboard signs, from sea to oily sea."* – George Carlin, American comedian, actor and social critic (1937-2008)
20. *"We cannot command Nature except by obeying her."* – Francis Bacon, English philosopher, statesman, author and scientist (1561-1626)
21. *"All in favor of conserving gasoline, please raise your right foot."* – Author Unknown
22. *"Take care of the earth and she will take care of you."* – Author Unknown *"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river."* – Ross Perot, American businessman, Presidential candidate in 1992 and 1996 (1930- )
23. *"Every day is Earth Day."* – Author Unknown



### **Quotes continued**

24. *"We have to walk in a way that we only print peace and serenity on the Earth. Walk as if you are kissing the Earth with your feet."* – Thich Nhat Hanh, Vietnamese Zen Buddhist monk, teacher, author, poet and peace activist (1926- )
25. *"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."* – Chief Seattle, Native American leader (1780-1866)
26. *"When one tugs at a single thing in nature, he finds it attached to the rest of the world."* – John Muir, American naturalist, author and leading preservationist
27. *"The universe is not required to be in perfect harmony with human ambition."* – Carl Sagan, American astronomer, scientist and author (1934-1996)
28. *"Anything else you're interested in is not going to happen if you can't breathe the air and drink the water. Don't sit this one out. Do something."* – Carl Sagan, American astronomer, scientist and author (1934-1996)
29. *"Man is a complex being: he makes deserts bloom - and lakes die."* – Gil Stern
30. *"Only when I saw the Earth from space, in all its ineffable beauty and fragility, did I realize that humankind's most urgent task is to cherish and preserve it for future generations."* – Sigmund Jahn, German Cosmonaut
31. *"Only when the last tree has been cut down, Only when the last river has been poisoned, Only when the last fish has been caught, Only then will you find that money cannot be eaten."* – Cree Indian Prophecy
32. *"We are living on this planet as if we had another one to go to."* – Terri Sweringen, Ohio nurse recognized for organizing protests against Waste Technologies Industries
33. *"If you want to see an endangered species, get up and look in the mirror."* – John Young, former Apollo Astronaut
34. *"One planet, one experiment."* – Edward O. Wilson, World's leading authority on ants
35. *"The proper use of science is not to conquer nature but to live in it."* – Barry Commoner, an American founder of the modern environmental movement
36. *"The fate of the living planet is the most important issue facing mankind."* – Gaylord Nelson, Wisconsin politician and founder of Earth Day (1916-2005)
37. *"Plans to protect air and water, wilderness and wildlife are in fact plans to protect man."* – Stewart Udall, former Arizona congressman and Secretary of the Interior (1920-2010)
38. *"I feel more confident than ever that the power to save the planet rests with the individual consumer."* – Denis Hayes, Environmental activist, coordinator of the first Earth Day
39. *"I conceive that the land belongs to a vast family of which many are dead, few are living, and countless numbers are still unborn."* – Nigerian Chief
40. *"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river."* – Ross Perot, American businessman, Presidential candidate in 1992 and 1996 (1930- )
41. *"The supreme reality of our time is ...the vulnerability of our planet."* – John F. Kennedy, 35<sup>th</sup> President of the United States



## Ideas for Living Green

### At Home

- Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer
- Turn off unnecessary lights and use natural light as much as possible
- Install compact fluorescent light bulbs (CFLs)
- Unplug appliances when they are not in use or use a “smart” power strip
- Wash clothes in cold water
- Dry clothes on a drying rack or clothesline
- Take shorter showers and/or install a low-flow showerhead
- Install a faucet aerator on each faucet
- Turn the water off while brushing your teeth
- Recycle your trash
- Run full loads in your dishwasher
- Regularly clean the lint screen in your dryer
- Create a compost bin for lawn waste
- Recycle electronic products
- Download music instead of buying CDs
- Get statements and pay bills electronically
- Wear clothes that do not require dry cleaning
- Make your own cleaning products
- Use cloth napkins and towels
- Choose reusable cloth or plastic grocery bags
- Use cloth diapers
- Carefully consider the need for producing printed copies of material
- Read the newspaper online
- Power down your computer
- Avoid polystyrene containers
- Forget the treadmill and hit the bricks
- Buy secondhand products
- Borrow books and videos from the library
- Share equipment with neighbors
- Buy in bulk
- Donate clothing and household goods
- Share information with children on how to be environmentally responsible

### At Work

- Walk, bike, share a ride, or telecommute to work
- Use a mug, instead of a disposable cup
- Buy refilled or refillable ink cartridges
- Recycle electronic products
- Pack a waste-free lunch
- Send faxes via the computer instead of a phone line
- Carefully consider the need for producing printed copies of material
- Power down your computer

### Nutrition

- Eat a meatless meal once per week
- Substitute soy or almond milk for cow milk
- Buy locally grown food
- Use a water filter to purify tap water instead of buying bottled water
- Avoid canned food



# Live Green for a Healthier World

## Individual Scorecard

Month / Year	First Name	Last Name
/		

Day of the Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
Rate Your Day																																

*Rate each day from "0" (worst) to "5" (best), based on your effort to live a "greener" lifestyle. If your household is participating in the effort, rate the collective effort of everyone participating.*

Use the "Ideas For Living Green" Sheet, the Challenge Resources, and any of your own ideas to live a more green lifestyle during the Challenge. A few popular green practices are listed below.

- \* Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer.
- \* Turn off lights and appliances that are not being used, and use natural light as much as possible.
- \* Install compact fluorescent light bulbs (CFLs).
- \* Wash clothes in cold water.
- \* Take shorter showers and install a low-flow showerhead.
- \* Install a faucet aerator on each faucet.
- \* Turn off the water while you brush your teeth.
- \* Recycle your trash and create a compost pile.
- \* Run full loads in the dishwasher.
- \* Clean the lint filter in the dryer after every load.
- \* Get statements and pay bills electronically.
- \* Use a water filter to purify tap water instead of buying bottled water.



Group Name: \_\_\_\_\_  
 Month/Year: \_\_\_\_ / \_\_\_\_

# LIVE GREEN!

## Group Scoreboard

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total		
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Totals

**Rate your daily green effort from "0" (worst) to "5" (best)**



# Live Green

## Certificate of Achievement

Awarded to:

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for

# GOLD LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month                      Year

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**Points Earned**



# Live Green

## Certificate of Achievement

Awarded to:

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for

# SILVER LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month      Year

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## Points Earned



# Live Green

## Certificate of Achievement

Awarded to:

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for

# BRONZE LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month      Year

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## Points Earned



## ACTIVITY SURVEY

Activity Name: \_\_\_\_\_

Final Day of Activity (MM/DD/YYYY): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree nor Disagree
- 4 – Agree
- 5 – Strongly Agree

- |    |  |   |   |   |   |   |
|----|--|---|---|---|---|---|
| 1. | I enjoyed participating in this activity.                                      | 1 | 2 | 3 | 4 | 5 |
| 2. | The activity increased my happiness.   | 1 | 2 | 3 | 4 | 5 |
| 3. | The activity improved my health.   | 1 | 2 | 3 | 4 | 5 |
| 4. | The activity improved my energy level.   | 1 | 2 | 3 | 4 | 5 |
| 5. | The activity reduced my stress level.  | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity.            | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this activity again.  | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace.                                 | 1 | 2 | 3 | 4 | 5 |

***Please use the back of this page to add comments about your experience.***