

The Path to Sustainability Challenge

Did you know that the typical U.S. adult has a carbon footprint of 16 tons (nearly four adult elephants in weight) a year!? Even with such an enormous statistic, there are a lot of “steps” you can take to reduce your carbon footprint by several tons a year and help leave the Earth a little better than before. Carbon footprints are the imprints that shape our planet’s future.

Directions:

The goal of this challenge is to walk through Leafy Lane Park by completing Earth-friendly activities to help keep our environment clean and reduce your waste. Use the ideas below or create your own! When you complete an activity, fill in a footprint, and continue your stroll through Leafy Lane Park.

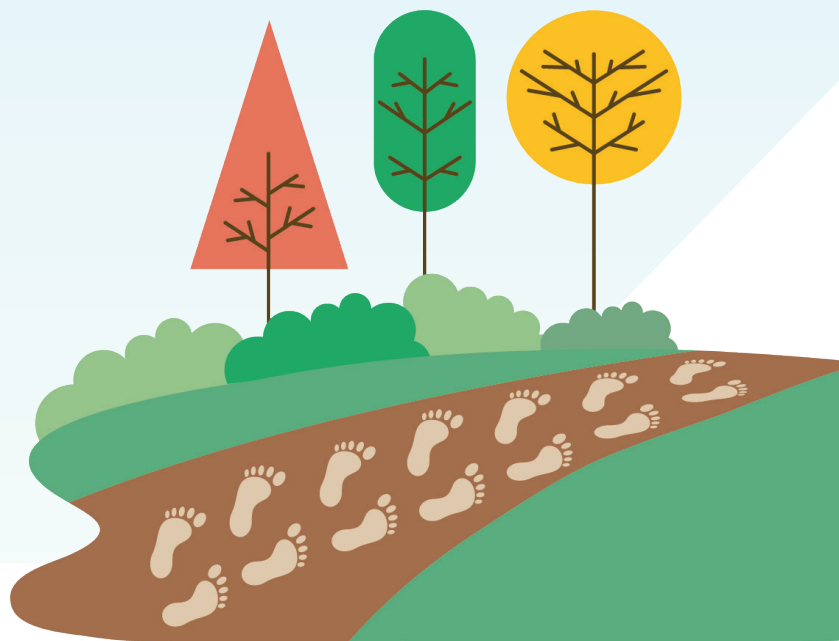
Activity ideas to help reduce your carbon footprint:

- Try a plant-based recipe
- Reuse or repurpose bags and jars for shopping or storage
- Collect rainwater for outdoor use
- Wash laundry in cold water
- Shop at a farmer’s market or second-hand store
- Change your commute (walk, bike, carpool, public transit)
- Turn off computer, screens and other electronics when not in use
- Opt for reusable straws, cups or cloth napkins
- Print double-sided
- Collect 10 pieces of trash
- Participate in a tree-planting initiative or plant one in your yard
- Cook more meals at home vs. takeout
- Make your own earth-friendly cleaners or detergent
- Shorten your shower by five minutes or reduce the water temperature



Do you know what your carbon footprint is?

Try [EPA’s Household Carbon Footprint Calculator](#) to estimate your annual greenhouse gas emissions.



Connect with a health coach – just for you!

Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it’s easy to connect from just about anywhere. For more information, contact healthcoachteam@modahealth.com or call 800-913-4957.

modahealth.com

