



# HEALTHY LIVING



**LIVING HEALTHY IS THE WAY,  
TO GO ABOUT YOUR DAY!**

## THE EFFECTS OF NOT LIVING HEALTHY.

There are many effects of not living healthy. These effects are harming the earth and the things living on it. One of the effects is pollution. By living healthy you are stopping the amount of pollution and unfortunately there are many more effects that are harming the environment.



## WHY SHOULD WE LIVE HEALTHY?

We should live healthy because it's not just helping us it's helping the earth. It reduces the amount of packaging that is made in the factories that are polluting the earth. Also all the packaging that is bought is thrown away and get puts in landfill. Also when you buy all the plants in the plastic containers, REUSE THEM because you can plant plants in them instead of buying more!!

## HAVING A VEGIE/FRUIT PATCH

Having a vegie patch is a great way to live healthy because you can grow all different things instead of buying them inside all the packaging that is harmful to the environment and it also stops the amount of pollution because the factories don't have to make so much of it. This idea is the most environmentally friendly thing you can do.



## WORM FARMS AND MULCHING

Worm farms stop hundreds of kilos of food going into the landfill each year. Also their juice that is made helps the garden to grow. It also produces mulch and compost for the garden and that means that it holds the moisture in so there isn't as much need for water. It is unacceptable how much food waste gets put into landfill.

## AQUAPONICS

Aquaponic gardening saves 90% of water because everything gets reused. You can grow two things at once. Plants and fish work together to keep each other healthy. The fish poo helps the plants grow which saves time and money and the plants kill the bacteria in the water which keeps the fish strong and healthy. This saves chemicals which most importantly saves the earth.



## TAKE A STAND!

It's time to take a stand. This problem is taking over our beautiful environment. There are numerous ways to take action at home, for example set up a vegetable patch or some aquaponics. Living healthy reduces the amount of pollution. It also reduces the amount of packaging that is bought than thrown away which also means there's not as much waste going into the landfill. These simple things make a huge difference.

