



# HEALTH RESOURCES

Healthy living is good for you and the planet!

**1** [Exercise and Physical Activity Ideas](#)

**2** [Learn About Refined Sugar](#)

**3** [Environmental Health Resources](#)

**4** [Quit Smoking Programs](#)

**5** [Non-Toxic Cleaning Recipes](#)



**Bonus: Host an NWEI Discussion Course**

[A World of Health](#)



# HEALTH DISCUSSION QUESTIONS

## Break Big Issues into Bite-Sized Pieces

### INTRODUCTION TO DISCUSSION COURSES

In addition to the EcoChallenge, NWEI's suite of educational and engagement offerings includes a selection of discussion course books. Our discussion course books are used in the workplace, on college campuses, in centers of faith, and in the community. They are designed to help break big issues into bite-sized pieces. And they help create a personal network of shared stories and support that makes it easy to take action. You can find out more about our engagement model and explore our books at [nwei.org/discussion-course-books](https://nwei.org/discussion-course-books).

Below is a sample of discussion questions you can try with your family, friends, or coworkers, or reflect on during your EcoChallenge.

### TIPS FOR FACILITATING A DISCUSSION

As facilitator, your role is to stimulate and moderate the discussion. You do not need to be an expert or the most knowledgeable person about the topic. The primary goal is for everyone to participate and to learn from themselves and each other. Draw out quiet participants by creating an opportunity for each person to contribute. Don't let one or two people dominate the discussion. Thank them for their opinions and then ask another person to share.

Be an active listener. You need to hear and understand what people say if you are to guide the discussion effectively. Model this for others.

Invite participants to focus on personal reflections — values, feelings, and experiences. The discussion is not for judging others' responses. Consensus is not a goal. Celebrate the diversity of perspectives and life experiences!

- 1** What does health look like for you and your loved ones?
- 2** To what extent do you believe environmental factors contribute to health problems?
- 3** How does the health of your community impact your personal health?
- 4** How could you incorporate healthier habits into your current routine?



# POWERED BY NORTHWEST EARTH INSTITUTE

## WE BELIEVE EVERY PERSON HAS THE POWER TO CREATE POSITIVE ACTION.

There's no shortage of information about the serious challenges facing our planet – and although most people say they would like to do more, they don't know where to start.

That's where we come in.

## WE BELIEVE CHANGE SHOULD BE FUN.

For over 20 years, NWEI has helped make change more possible, more social, and yes, more fun by helping people connect with their communities and take action, together.

## WE BELIEVE THE LITTLE THINGS MAKE A BIG DIFFERENCE.

NWEI was founded in 1993 with a simple objective: to give people a framework to talk about our relationship with the planet and to share in discovering new ways to live, work, create and consume. And (as more than 175,000 NWEI participants worldwide have discovered since then) it turns out that within that simple objective is a recipe for powerful change.

When you break big issues into bite-sized pieces, and talk through them with the people who matter to you, you discover insights and inspiration. You learn, together. You build a personal network of shared stories and support that makes it easy to take action. In short, you become part of a community for change.

## WE BELIEVE IN CHANGE THAT WORKS FOR YOU.

From the beginning, we have been committed to meeting people where they are. We don't tell you what to think, or buy, or do. And we believe no change is too small – in fact, those tiny choices we make every day, by rote or by habit (paper or plastic? take or toss? borrow or buy?) are exactly where change is most possible and powerful.

Through our discussion courses and the EcoChallenge, we help people discover shared learning, shared stories and shared action.

## WE DISCOVER CHANGE, TOGETHER. SEE MORE AT [NWEI.ORG](http://NWEI.ORG).



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