



HEALTH RESOURCES

Healthy living is good for you and the planet!

- 1** [Exercise and Physical Activity Ideas](#)
- 2** [Learn About Refined Sugar](#)
- 3** [Consumer Resources for Healthy Living and Environment](#)
- 4** [Resources to Help You Quit Smoking](#)
- 5** [Non-Toxic Cleaning Recipes](#)



HEALTH DISCUSSION QUESTIONS

Break Big Issues into Bite-Sized Pieces

Below is a sample of discussion questions you can try with your family, friends, or coworkers, or reflect on during your I Am Sustainable Pittsburgh participation.

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?

Sustainable Pittsburgh is proud to partner with the Northwest Earth Institute to bring its EcoChallenge to Southwestern Pennsylvania as the I Am Sustainable Pittsburgh platform. In addition to the EcoChallenge, NWEI's suite of educational and engagement offerings includes a selection of discussion course books 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. Learn more at nwei.org/discussion-course-books.



POWERED BY SUSTAINABLE PITTSBURGH

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 more than 20 years, Sustainable Pittsburgh has helped make change more possible for the region's businesses and communities. Through programs like the Sustainable Pittsburgh Challenge, we've helped make change more social AND more fun by helping people connect with their communities and take action, together.

WE BELIEVE THE LITTLE THINGS MAKE A BIG DIFFERENCE.

Sustainable Pittsburgh was founded in 1998 to advance economic prosperity, social equity, and environmental quality as the enduring accountability for the region. We've found that 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.

That's why we've partnered with the Northwest Earth Institute to bring its EcoChallenge to Southwestern Pennsylvania as the I Am Sustainable Pittsburgh platform. Through I Am Sustainable Pittsburgh, all of our region's people can take small steps leading to big changes for our communities and world.

WE BELIEVE IN CHANGE THAT WORKS FOR YOU.

We believe no change is too small – in fact, those tiny choices we make every day, by rote or by habit (paper or plastic? walk or drive? speak up or not?) are exactly where change is most possible and powerful.

Through I Am Sustainable Pittsburgh, we help people discover shared learning, shared stories and shared action.

JOIN US IN BEING THE CHANGE WE SEEK. LEARN MORE AT SUSTAINABLEPITTSBURGH.ORG.



SUSTAINABLE PITTSBURGH

Our name is our promise.

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