

This week on Radio Nova we’re looking at hacks to help kick start the journey towards a more sustainable way of living.

**What are the Benefits of a Sustainable Lifestyle?**

* **Saves Money -** Even if some people don't care about environmental sustainability, we all surely care aboutour bank balance. So the good news is that leading a more sustainable lifestyle is good for your wallet as well as for the planet.
* You'll get permanently lower utility bills when you reduce your energy consumption.
* You could eliminate your bills entirely by using renewable energy sources such as solar panels in your home.
* Pay less for groceries when you eliminate food waste and only buy what you need. Shop at local farmers' markets to buy cheaper, healthier food without disposable packaging.
* Pay less at the fuel pump by switching to more fuel-efficient or even electric cars, or using public transportation.
* The many health benefits of sustainable living will result in lower medical costs for you and your family.
* **Improves Your Health -** Many people experience improved health after making the transition to sustainable living. A cleaner planet is good for your body in several ways:
* Lowers air pollution
* Cutting down on red meats and processed foods, and eating more sustainable food.
* Get more exercise, lose weight, and help your heart by walking or cycling more often.
* [Plastic waste](https://theroundup.org/plastic-waste-statistics/) gets into our food chain and drinking water. Switch to [sustainable water bottles](https://theroundup.org/best-eco-friendly-water-bottles/) and reusable bags, and there's less chance of your plastic waste ending up in your dinner.
* **Saves the Environment -** The lifestyle we live today, and have been living for the past half-century, has had a catastrophic environmental impact. Sustainable living means that future generations can continue to enjoy nature and all of its benefits.
* **Conserves Natural Resources -** It is important to conserve and use natural resources responsibly and carefully, and not putour own needs ahead of our children's and grandchildren's futures.
* **Creates a More Sustainable Economy -** Sustainable living provides an opportunity for economic development. Investment insustainability creates green jobs, which can have a positive economic impact for localcommunities as well as the environment.

**Links for more information:**

[www.sustainablejungle.com/sustainable-living/what-is-sustainable-living/](http://www.sustainablejungle.com/sustainable-living/what-is-sustainable-living/)

[www.sustainyourstyle.org/en/blog/2023/7/27/6-life-changing-benefits-of-leading-a-sustainable-lifestyle](http://www.sustainyourstyle.org/en/blog/2023/7/27/6-life-changing-benefits-of-leading-a-sustainable-lifestyle)

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