

At-Home Checklist



You can make a difference. By making these small changes, you can help protect our environment and inspire others to do the same. Let's build a better world, one action at a time.

Take note:

- Upcycle your Herbalife Nutrition product containers. Ideas range from kitchen utensil holders to new pots for your plants
- When doing laundry, switch your water temperatures from hot to cold. You can save enough energy in one year to charge your smartphone for a lifetime
- Setting your thermostat to 76°F for cooling and 68°F for heating can add up to 10% savings a year
- Swap all your light sources for energy-efficient LED lights, which are 33% more efficient than CFL and last up to four times longer
- Start a compost pile with leftover kitchen scraps. Then, add it to your garden to give your plants extra nourishment or share it with other gardeners in your neighborhood
- Get active! Bike or walk one day a week to your destination instead of driving to help reduce greenhouse gas emissions
- Unplug electronics. They keep using electricity even when you're not using them. Unplugging these devices could not only saves power but can reduce your energy costs
- Brush up on your community's recycling guidelines to avoid cross contamination. The more you know, the more you can recycle
- Inspire others, share these tips with your family, friends, and colleagues. Create a challenge to see who can complete this checklist first.

Are you taking action? Tell us how.
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