

SFS Americas Learning Academy

Balancing Life and Health Series

Green Tips for the Home

Housekeeping Items



The recording and presentation will be available on the Learning Academy HUB and the iPortal.



Engage!

Use the icons, unmute your mic, or the chat to ask a question or make a comment.



You will receive digital learning credits for this session. They will be uploaded into the Global Learning Portal (GLP 2.0).

Meet Our Guest

Michelle Cooper, MPT, BScEd



Michelle is a physical therapist practicing for 28 years in hospital and private practice settings in Canada and the U.S. treating orthopedic, persistent (chronic) pain, and pelvic health patients. Her career has evolved to include working with patients with physical symptoms of depression, anxiety, and stress alongside their mental health provider.

Michelle's many years of physical therapy experience and advanced training combined with her teaching background result in her making a lasting impact through educating her patients so they fully understand what they are facing and what they can do about it. She works with women and men of all ages as they navigate all of the body's physical and mental changes through life. She truly believes Knowledge is Power.

Michelle's background includes a Masters Degree in Physical Therapy and an Education Degree with experience teaching high school chemistry, and physics. She is certified in Advanced Pelvic Floor Physical Therapy for Female and Male Pelvic Floor Disorders, Cognitive Behavioral Therapy for Health Professionals, Acupuncture, and Tai Chi & Qi Gong Instruction. Teaching in person to small and large groups plus webinars allows Michelle to utilize all of her skills and share her knowledge.



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Green Tips for the Home



Objectives

- Learn the ecological and economic benefits of going green
- Learn tips to make your home greener, saving both money and the environment
- Discuss the benefits of choosing organic
- Be aware of chemicals and toxins found in everyday household products
- Understand your carbon footprint
- Learn strategies to limit the amount of waste we produce

The Four R's

- Reduce
- Re-Use
- Recycle
- Repair

Ecological Benefits

- Reduce your carbon footprint
- Purify your home and body
- Generate less waste

Best Green Tips

- Clean your dryer exhaust pipe
- Replace old lightbulbs with LED Bulbs
- Look for Energy Star appliances
- Install low-flow shower heads
- Insulate, insulate, insulate: tightly seal your home

More Green Tips

- Install a programmable thermostat
- Wrap your hot water heater with a water heater blanket
- Run high energy appliances (washer, dryer, dishwasher) -
- Use window shades
- Install door draft guards
- Use rechargeable batteries
- Use smart power strips
- Unplug chargers when they are not in use



Lower Heating Costs

- Lower your hot water temperature
- Lower your thermostat setting: You will get 3-5% energy savings for every 10 degrees
- Get a home energy audit
- Use a zoned heating system

The Benefits of Choosing Organic

- Reduces your intake of pesticides and other chemicals that are used in conventional farming
- Contributes to sustainable farming practices and less CO₂ emissions
- Supports small / local farmers and helps focus on eating seasonally
- Eating more fruits and vegetables increases your nutrient intake and can save you money
 - Try a vegetarian meal once or twice per week

Chemicals In Your Home

- Many modern materials emit dioxins
- Cleaning products contain volatile chemicals
- Some laundry detergents contain phosphates
- There are many natural cleaning products on the market today
- Look for less toxic / green alternative, as you use up what you have

Your Global Carbon Footprint



Consider the impact of your carbon footprint:

- The average American creates 27 ½ tons of carbon emissions per year; The global average is 5 ½ tons
- The higher your number is, the more you are contributing to global warming
- Planting trees provides shade in addition to functioning as carbon “scrubbers” to help reduce global warming
- Put simply, living sustainably is putting in what you take out
- Production should equal consumption: CO₂ emitted should equal CO₂ consumed

Resources

Calculate and keep track of your carbon footprint:

<https://www3.epa.gov/carbon-footprint-calculator/>

Learn about tax credits for alternative energy systems:

<https://www.energy.gov/articles/renewable-energy-tax-credits>

Conduct home energy audits:

<https://www.energy.gov/energysaver/weatherize/home-energy-audits>

Create homemade natural cleaners:

<https://www.greenamerica.org/waystocleangreen>

THANK YOU FOR PARTICIPATING!

Green Tips for the Home

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Balancing Life and Health Webinar
Relaxation 101 🌴🌴