



Living a Healthy Lifestyle

Commit to living a health and wellness-driven life by joining in on this project. From eating right to exercising to eliminating toxins-it all adds up to a healthier, happier you.

- (+5) Exercise before or after work today
- (+5) Find a new outdoor activity
- (+5) Take the stairs today
- (+15) Find a new sustainable, local, or organic restaurant to try
- (+10) Bike or walk to work
- (+5) Eat a healthy, organic snack
- (+10) Inspire someone to make a healthy change
- (+15) Participate in Meat Free Monday
- (+10) Purchase a houseplant to improve indoor air quality
- (+5) Take a walk outside today
- (+5) Meditate for five minutes
- (+5) Take your shoes off before entering your home to reduce exposure to dust
- (+5) Swap a sugary drink for a glass of water
- (+10) Sleep for 7-9 hours, as recommended by the National Sleep Foundation
- (+10) Commit a random act of kindness

Point Total

20+ = Waste Warrior

50+ = Conservation Champion

80+ = Sustainability Superstar



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IMPACT FOREVER TODAY

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Our Mission

Sustainable Future unifies and empowers communities to improve the health of our planet. With a dynamic technology platform, meaningful content, and a passionate team, we motivate leaders and citizens to take simple actions that collectively strengthen the community and create a sustainable future for all.

Our Vision

Empowering communities to forge a sustainable future, affecting positive environmental change at a local level that collectively produces meaningful global change for a cleaner, safer, healthier planet.

Our Story

Our stakeholders passionately worked together and identified 24 key performance indicators of environmental success across six broad categories: Food, Energy, Waste/Consumption, Transportation, Water and Land/Built Environment.

To make progress across these indicators with effective community engagement, we needed to partner with a technology platform that was grounded in behavioral science. The platform also needed to offer a customizable, scalable, and digitally responsive solution with powerful analytics to measure success.

After much exploration, including building our own, we made the decision to partner with [WeSpire](#), an award-winning employee engagement software company with over 300 tried-and-true positive impact campaigns. We also partnered with an impressive social-change organization named [EcoChallenge.org](#).

We offer a reliable technology platform, coupled with meaningful content and a passionate support team - giving organizations the power to affect meaningful change, both within the organization and throughout the broader community.

Our proven platform provides your team with simple and relevant actions that will lead to measurable improvements to your carbon footprint, operating costs, and an enhanced company culture. SF members find our challenges simple, meaningful and fun!

We are committed to empowering our member organizations with guided, collective actions that move the needle towards a cleaner, safer and healthier planet.

Social Media

Follow us on our Facebook and Instagram (@sustainablefuturenow) to keep up to date with all things Sustainable Future!