

# Resources

## Green Living

**[www.nrdc.org/greenliving](http://www.nrdc.org/greenliving)**

The Natural Resources Defense Council offers advice on reducing your impact and living gently.

**<http://epa.gov/region2/sustainability/greenliving.html>**

Environmental Protection Agency provides tips for sustainable choices and green living.

**[www.thegreenguide.com](http://www.thegreenguide.com)**

National Geographic suggests green home and healthy living tips.

**[www.grist.org](http://www.grist.org)**

Environmental news and green living commentary are presented with a side order of humor.

## Conservation

**[www.nrdc.org](http://www.nrdc.org)**

Using law and science, as well as a broad base of activists, the Natural Resources Defense Council aims to protect wildlife and natural places.

**[www.wcs.org](http://www.wcs.org)**

Headquartered at the Bronx Zoo, the Wildlife Conservation Society's goal is to educate the public and to conserve wildlife across the globe.

**[www.conservation.org](http://www.conservation.org)**

Conservation International works with teams around the world to save the Earth's resources and demonstrate the natural balance between humans and nature.

## Fitness

**[www.healthierus.gov/exercise.html](http://www.healthierus.gov/exercise.html)**

The President's Council on Physical Fitness and Sports, Fitness.gov, and The President's Challenge are all part of this initiative aimed toward helping Americans lead healthier lives.

**[www.sierraclub.org](http://www.sierraclub.org)**

Adventure, exercise, and environmentalism are the Sierra Club's focus, with tips on enjoying nature without causing harm and other resources.

**[www.acefitness.org](http://www.acefitness.org)**

The American Council on Exercise covers a variety of subjects — from a fitness Q & A to healthy recipes to a library of targeted exercises.

## Nutrition

**[www.nutrition.gov](http://www.nutrition.gov)**

This site has quick access to government information, where Smart Nutrition 101 is a great starting point for building healthy eating patterns.

**[www.eatright.org](http://www.eatright.org)**

The American Dietetic Association breaks down the science of nutrition into applicable, helpful consumer materials, including their Fact Sheets' handy tips.

**[www.organicconsumers.org](http://www.organicconsumers.org)**

This nonprofit focuses on the views and health issues of organic and socially responsible consumers, with news and information on sustainable eating.

