



Hello!

Here is your Health Kit for April 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

This month's Health Kit is all about environmental health. Use the tools in this month's kit to help reduce your use of plastics and your carbon footprint.

[Poster](#) Print and display this month's poster, **Reduce Your Use**, for simple ways you can use less plastic.

[Brain Game](#) Complete this word scramble to find words associated with environmental health.

[Recipe](#) These egg muffins are delicious, gluten-free, and perfect for a meatless breakfast on the go or mid-morning snack!

[Coaching Moment](#) Watch as Coach Blake challenges you to reduce your carbon footprint.

[90-Second Video](#) Watch this brief video about the impact plastics have on the environment.

[Podcast: BPA and Your Health](#) Download this podcast to learn about the effects of BPA on your health.

Additional Info: For more information on environmental health, click [here](#).

### Coming up...

May is all about women's health. Don't worry fellas, we've got you covered...but you'll have to stay tuned until June!