



Helping our Coast to Good Health

How can we develop good health habits for ourselves whilst helping our coast?

Our coastline provides enticing environments to develop a healthy lifestyle. But is it possible to also be taking steps that help our coastline at the same time? Brainstorm some possible options and consider how you could involve your family and friends.

HEALTHY LIFESTYLE AND COAST IDEA	POSITIVE IMPACT	HOW I COULD BRING THE IDEA TO LIFE