

30 WAYS

to Make Your Communities Better Places to Live and Work

1. Volunteer your time at your local Casa Herbalife program or another neighborhood community center.
2. Remember the 3R's to Live Green – Reduce, Reuse, Recycle.
3. Use GoodSearch.com – a few cents per search is donated to the charity of your choice. Hint: Herbalife Family Foundation is listed under ID: 84085.
4. Plant a tree – get involved with reforestation projects.
5. Use public transportation.
6. Participate in a beach clean up.
7. Shop using reusable cloth bags.
8. Start or join a carpool or vanpool to work.
9. Donate blood. Contact your local blood bank.
10. Let your voice be heard by attending town meetings and by expressing your views to local government officials.
11. Spend time with the elderly or do something to help them.
12. Read to a child.
13. When driving, yield to pedestrians.
14. Start or join a Neighborhood Watch, working closely with the police and making sure the streets are well lit and crimes are being reported.
15. Commit to not litter, and encourage others to do the same.
16. Make your local park shine by getting involved in beautification projects.
17. Pick up trash in public areas.
18. Clean up after your pets in public places.
19. Save water. Turn off the water while washing your car and when brushing your teeth.
20. Clean up neighborhood graffiti.
21. Recycle old cell phones and used ink cartridges.
22. Greet people in your neighborhood with a kind smile and a “hello.”
23. Donate books to the local library.
24. Help keep biking and hiking paths free of debris.
25. Tutor a child.
26. Volunteer at local high schools and motivate children to stay in school.
27. Donate goods to local charities.
28. Help your neighbors with some tasks around the house, like raking leaves or mending the stairs.
29. Compost your leftover food instead of throwing it in the trash.
30. Unplug electronics when not in use.

Support the Herbalife Family Foundation by donating at HerbalifeFamilyFoundation.org.

“Everyone is part of the goal and plan of making this a better place to live. **Everyone.**”

– Mark Hughes, Herbalife's Founder and First Distributor, 1956-2000



**MARK
HUGHES
DAY 2010**

