

Creating a healthier world. Creating a healthier you.



From the largest metropolis to the smallest town, the opportunity to make our planet a better place to live is right in your own backyard.

Let's begin by identifying the very real problems our planet faces today. You see it on TV and read it in the headlines: climate change, toxins in the groundwater, and topsoil erosion, just to name a few. Now it's time to ask yourself what you can do about it. The truth is, there may never be a more important time to get involved than right now. By pitching in and working together, we can create a healthier environment, no matter where we live. It's a fact—volunteering makes our world a better place. The satisfaction you get from knowing that you're making a difference can boost everything from your confidence to your spirit, and that can have a big impact on your physical well-being. You can start today by visiting VolunteerMatch. Bursting with thousands of options for volunteering, this comprehensive site is dedicated to pairing people with their volunteer interests. It's your chance not only to help create a healthier community, but also to help create a healthier you.

It could be as simple as offering your skills for projects at a nature conservatory.

You'll be helping to protect wildlife while improving the environment. What's more, you'll be preserving something that generations can point to as an example of living in harmony with nature.

America has always taken enormous pride in our parks, and this might be a great opportunity to share in that rich history.

Whether you're helping to plant trees or staffing an information booth, volunteering to help maintain our open spaces and outdoor recreational areas is a great way to get involved.

If animals are more your style,

there are dozens of opportunities to help out at zoos, as well as at wilderness centers. Volunteers play vital roles in taking care of wildlife. You might find yourself assisting the animal keepers or providing information to visitors.



Making a positive impact on your environment can also make a positive impact on you.

Studies have suggested that volunteers 46–60 years old have significantly better immunity, physical stamina, and overall energy levels. Wherever you live, opportunities abound make our environment healthier and happier, and in return, you'll become healthier and happier.

So you may be asking, “How do I get started volunteering to make a better world?” Below, you'll find some tips, questions and links to help find the right opportunity for you.

Some volunteering suggestions:

- Apply your skills at a nature conservatory.
- Help out at a park or recreation center.
- Volunteer at a zoo or wilderness center.
- Put yourself to work by keeping our parks tidy.
- Join a neighborhood garden.

Is this opportunity for you?

Some questions to ask yourself:

1. Do I like being outside for extended periods?
2. Am I physically able to do this type of work?
3. What expertise can I bring to this effort?

Visit dogoodlivewell.org to get out and start volunteering today.

You may also wish to visit:

- [Nature Conservancy \(nature.org\)](https://nature.org)
- [National Park Service \(nps.org\)](https://nps.org)

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