

GET ACTIVE

Workplace Wellness

Environmentally Friendly

Saving energy and helping the environment can be easy. Simple steps can have a major long-term impact.

AT WORK



Look for recycling programs in your area that accept cell phones, computers and printers.

Print on both sides of paper and determine whether printing is necessary or if a memo can be distributed through email.



Encourage employees to shut down and unplug copiers, printers and other equipment when they leave the office every evening.

AT HOME

Turning the tap off while brushing your teeth can save five gallons of water per day.

Adjusting the temperature in your home by just one degree can save you

10%

on your energy use over the year.

Pay your bills online. Not only is it greener, it's a sanity saver.



AT PLAY



Drive the speed limit and combine all your errands for the week in one trip. Using cruise control will help to improve your mileage at least by **15 percent** and in the process save the environment, gasoline and your wallet.

Use electronic tickets for entertainment and travel to save money and paper.



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