

FOREVERGREEN NEWSLETTER

Bentall Kennedy's ForeverGreen commitments include energy efficiency and carbon emission reductions, waste diversion, water conservation, and a healthy workplace.

We have created this tenant resource to provide monthly information and inspiration for a clean, greener place to work.

TOGETHER WE CAN ACHIEVE FOREVERGREEN.



OUR COMMITMENT + YOUR INVOLVEMENT

FOREVERGREEN





MAKE A DIFFERENCE!

DAY TO DAY USE OF BICYCLES IS A VERY GREEN WAY TO GET AROUND:

CYCLISTS DON'T BURN FOSSIL FUELS OR PRODUCE AIR POLLUTION.

CYCLING CAN ALSO REDUCE CONGESTION AND THE JOURNEY TIMES OF OTHER ROAD USERS, PARTICULARLY IN URBAN AREAS.



TAKE IT FURTHER!

If the environmental benefits of cycling aren't enough to get you going, there are many health benefits associated with cycling, including:

- Building strength and muscle tone
- Improving cardio-vascular fitness.
- Burning major calories
- Reducing stress

CHECK OUT EARTH DAY CANADA'S 'CLEAN YOUR COMMUTE' CHALLENGE AT: WWW.EARTHDAY2015.CA

SHOW OFF YOUR MOVES

CYCLING TO WORK OR AROUND TOWN IS A GREAT WAY TO GET IN SHAPE AND REDUCE YOUR CARBON FOOTPRINT

Everywhere you look, people are jumping on the bicycle bandwagon. It's no surprise, given the thousands of kilometers of new bicycle lanes in cities across North America and the environmental benefits.

But riding a bike is good for more than saving the planet and your hard-earned cash. It's also one of the most effective workouts you'll ever do!





MAKE A DIFFERENCE!

A 125-LB. PERSON WALKING AT A BRISK PACE FOR ONLY 30 MINUTES BURNS 150 CALORIES; A 196 LB. PERSON BURNS 235 CALORIES.

THIRTY MINUTES OF WALKING PER DAY CUTS THE RISK OF HEART DISEASE BY UP TO HALF, AND REDUCES THE RISK OF SOME CANCERS, DIABETES, OBESITY, AND OSTEOPOROSIS.

WALKING IS A GREAT WAY TO GET TO KNOW YOUR NEIGHBORHOOD AND COMMUNITY. IN ADDITION THE PACE OF WALKING IS CONDUCTIVE TO VISITING OR CONTEMPLATION.



TAKE IT FURTHER!

Planning a meeting with a small group? Try conducting a 'walking meeting'. It's fun, different and you are surrounded by new stimulus which might just lead to new ideas and solutions.



WALK IT OFF

FEELING SLUGGISH? TAKING A QUICK MIDDAY WALK CAN HELP BOOST YOUR PRODUCTIVITY AT WORK.

When it comes to boosting energy, it doesn't get much better than grabbing a quick midday walk. This slight boost in physical activity will increase your productivity and workplace happiness. This boost in

happiness isn't just measured by how often we smile at the boss...a number of health markers ranging from blood pressure to overall stress can be improved.



MAKE A DIFFERENCE!

IF YOU NOTICE A PLUMBING LEAK OR DRIPPING FAUCET REPORT IT TO YOUR PROPERTY MANAGER.

SEE A CEILING TILE WITH WATER STAINS OR AN ACTIVE DRIP? THIS IS WORTH REPORTING TOO AS IT CAN INDICATE TROUBLE BEHIND THE TILES.

POST A NOTICE IN YOUR WORKPLACE KITCHEN OR LUNCH ROOM REMINDING PEOPLE TO USE WATER WISELY WHILE WASHING THE DISHES OR TIDYING UP.



TAKE IT FURTHER!

Encourage all of your staff and colleagues to use water wisely. Visit www.wateruseitwisely.com for 100+ ways to conserve water at work and home. Just by saving a small amount of water each day, everybody can make a huge difference.



DON'T BE A DRIP

A LEAK OF ONLY 1 DROP PER SECOND WASTES ABOUT 10,000 LITRES OF WATER PER YEAR. SEE A LEAK? LET US KNOW!

Commercial and institutional water users consume about 17 percent of the fresh water that flows from our taps every day. That's a whole lot of H₂O and every drop adds up. Using less water allows more to stay in the ground or in a reservoir, which helps maintain a natural balance, supports wildlife, and preserves H₂O for future use. Do your part to learn about and help reduce water waste at work and at home.



MAKE A DIFFERENCE!

DON'T BUY SINGLE-USE WATER BOTTLES — TRY SOME GOOD OLD TAP WATER OR BUY A FILTERED JUG TO KEEP IN YOUR FRIDGE.

GO WITH STAINLESS STEEL — A BETTER CHOICE THAN PLASTIC AS IT WON'T LEACH ANY CHEMICALS.

RECYCLE — IF YOU STILL WANT TO USE BOTTLED WATER, MAKE SURE YOUR EMPTIES ARE GETTING RECYCLED.



TAKE IT FURTHER!

Encourage your company to consider a ban on single-use water bottles. Having trouble getting management to agree? Sell them on the idea that instituting something like this will be great for PR and make your company a bright spot in the green business community.



TAP IT

TAP WATER IS MUCH EASIER ON THE ENVIRONMENT THAN BOTTLED. SKIP THE PLASTIC AND GO FOR THE TAP!

In 2007, more than 200 billion liters of bottled water were sold worldwide and more than 80 percent of those were littered or trashed — not recycled (and we wonder why we have a plastic garbage patch the size of Texas in the Pacific ocean!).

Make a reusable water bottle your constant companion — whether you're heading to the office, or just out and about, simply fill it up with tap water or your beverage of choice and head on your way.



Bentall Kennedy named ENERGY STAR Partner of the Year!

Bentall Kennedy has received the ENERGY STAR® Partner of the Year—Sustained Excellence recognition for continuing to set and achieve new energy efficiency goals for its portfolio through the use of ENERGY STAR tools and resources.

Key 2014 accomplishments include:

- Benchmarking more than 398 eligible offices, industrial buildings, retail properties, and multifamily buildings representing more than 75 million square feet and nearly \$23 billion in value
- Encouraging property managers to use the ENERGY STAR Building Upgrade Value Calculator to evaluate building upgrades when applicable.
- Establishing annual sustainability goals, including focusing on tenant engagement, developing a multifamily sustainability program, and continuing to refine energy tracking and performance.
- Earning a 1-100 ENERGY STAR score of 75 or higher for nearly 40 percent of its properties.

We're thrilled to have been named ENERGY STAR Partner of the Year – Sustained Excellence winner for the 5th year in a row!

For more information on our sustainability performance and initiatives please visit <http://cr.bentallkennedy.com>



For additional information on ForeverGreen contact your Property Manager or visit www.bkforevergreen.com