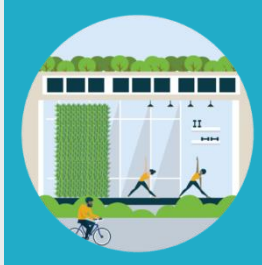
BentallGreenOak

July 2019

We are working with our tenants to achieve a cleaner, greener and healthier space to live, work and play. Through our sustainability tenant engagement program, we further our commitment by providing you, our tenants, with monthly tips to support your sustainability efforts.



watch the video



Stay Active

There are many activity trackers on the market nowadays to help measure activity throughout the day. Some of these trackers can even provide functions to measure heart rate, calories, and sleep, to ensure a healthy, rounded, lifestyle. Don't want to purchase a tracking device? Many smartphones are also able to track walking distance and step count using apps such as Walkmeter, Move & Fit or Map My Walk.

Have an activity tracker but need more motivation? Apps such as Achievement or Charity miles allow you to earn real life rewards for reaching activity goals.