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ENERGY EXERCISE OF THE WEEK

SAVE ENERGY WITH LEDs

GET TO WORK — LIFT WITH YOUR KNEES, SAVE 75% WITH LEDs!

Did you know?

- ✓ ENERGY STAR certified LED bulbs are not only energy-efficient – they must also meet other requirements related to color quality, light output, and warranty terms.

Actions you can take:

- ✓ Replace old incandescent bulbs with ENERGY STAR certified LEDs
- ✓ Look for the ENERGY STAR label on the packaging to be sure the bulb is certified.
- ✓ Feeling festive? Light your space with ENERGY STAR certified LED string lights!

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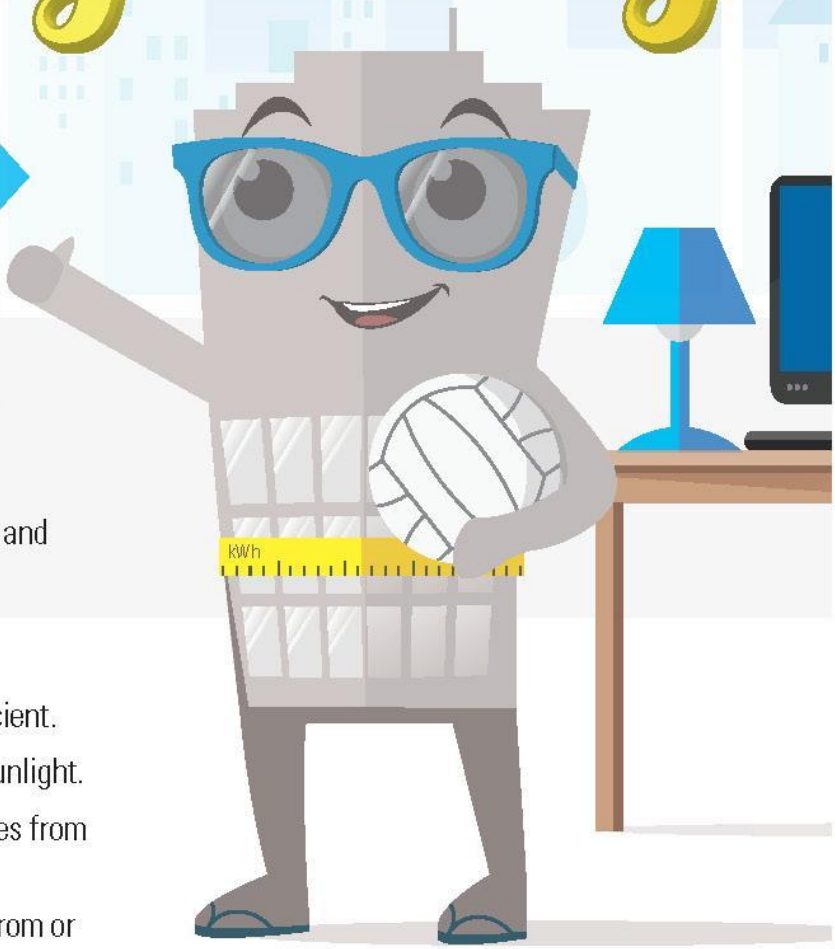
ENERGY EXERCISE OF THE WEEK

TRY Daylighting

SERVE UP SOME SAVINGS WHILE YOU SOAK UP THE SUN

WORKING BY DAYLIGHT IS EFFICIENT AND FUN!



Did you know?

- ✓ Natural light has been linked to better health and comfort, and higher productivity!

Actions you can take:

- ✓ Turn off artificial lights when daylight is sufficient.
- ✓ Face the window, but avoid sitting in direct sunlight.
- ✓ Tilt blinds upward if needed to shield your eyes from direct sunlight.
- ✓ Arrange your computer screen to face away from or perpendicular to the window.

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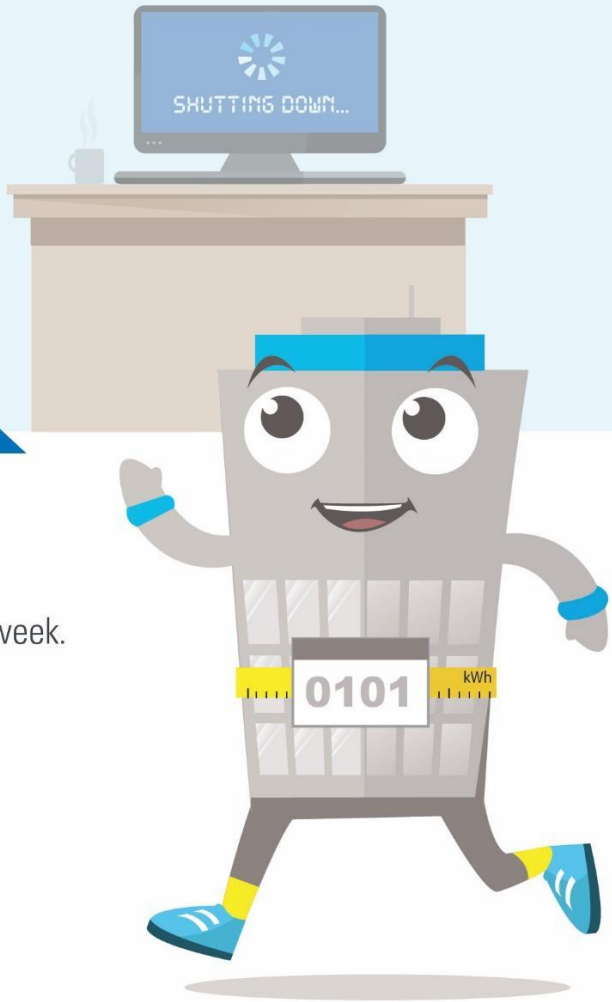
SHUT IT DOWN

ENERGY EXERCISE OF THE WEEK

A jog after work
Can be healthy and fun —

But your desktop computer
Doesn't need to run!



Actions you can take:

- ✓ Shut down your computer at the end of the day and work week.
- ✓ Activate sleep settings instead of a "screensaver."
- ✓ Plug electronics into a smart power strip.

Did you know?

- ✓ A computer left running 24/7 is wasting energy about 70 percent of the time!
- ✓ A computer with a "screensaver" uses significantly more energy than an idle computer!

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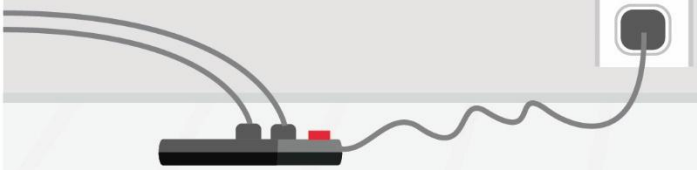
TAKE TIME TO UNPLUG

ENERGY EXERCISE OF THE WEEK

Electronics left plugged in
Continue to chug

If it's charged or not in use,
Take time to unplug!



Did you know?

- ✓ Electronics continue to drain electricity the entire time they're plugged in!

Actions you can take:

- ✓ Unplug all electronics when you're not using them, or when they're fully charged.
- ✓ Plug electronics into a smart power strip that shuts off power when devices are not in use. You can also cut power to everything with one switch!

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