

SINGLE-OCCUPANCY CAR COMMUTING IS SO PASSÉ — TIME TO TRY A NEW, HIP WAY!

Most Canadians still commute by car every day. But car commuting is getting more expensive each year, and sitting in traffic can be a real pain.

Believe it or not, using your car costs over \$8,000 annually and emits upwards of 4.5 tonnes of carbon into the atmosphere.

Reduce this high-priced carbon footprint by over one tonne per year by car sharing, biking or taking public transit, which can be up to 10 times cheaper than driving your own vehicle.

And research agrees: non-car commuters are happier and healthier. Your back, heart health, lung

capacity and stress levels are all negatively impacted by daily car travel, while people who bike or take public transit to work regularly report being more satisfied with their commutes. So we say go for it. Become a #HipCommuter today and actively reduce tonnes of stress on yourself, your wallet and the planet!



OFFICE & HOME HOT TIPS

- Take one day off from your car every week, just to see how it feels. Use public transit to commute and notice the difference when you don't have to focus on traffic all the time.
- Coordinate with colleagues who live close to each other and test out a workplace carpool for a few weeks. You can even institute a "quiet zone" on the way to work if morning small talk isn't your thing.
- If you live within 10 kilometres of your office, try biking to work. Cycling is actually the quickest way to get from door to door.

GET INVOLVED

We want to see how much you're enjoying alternative travel!

Show off your #HipCommuter ways by tweeting a pic of your morning commute to @Epic_AlwaysOn with #AlwaysSustainable to inspire colleagues to ride on the greener side. And go the extra mile by getting your workplace involved in the Commuter Challenge, an annual initiative that launches across Canada in early June.

GREEN TEAM ACTIVITIES AND CHECKLIST

When it comes to making your property more sustainable, putting together an enthusiastic green team will have the most impact by far on overall environmental performance. By gathering a group of self-directed employees to take ownership of your local green team, you can make a big difference in incorporating the principles of sustainability across all your operations!

MAY INDOOR AIR QUALITY

In May, we're informing employees of Epic's efforts to prioritize indoor air quality, as well as the importance of natural fresh air and indoor plants for air quality and employee well-being.

- 1. HASHTAG: Send an all-staff email to spread awareness of #BreathOfFreshAir, highlighting the widespread benefits of maximizing, and taking the time to appreciate, high-quality indoor air.
- 2. ACTIVITY: Review your corporate air quality policy and see if any updates are required, such as scent-free employee policies or regular dusting and cleaning schedules using green, non-toxic products.
- 3. OPTIONAL: Purchase a few no-hassle plants, such as spider plants or ficus, that actively contribute to cleaner indoor air quality. Assign members of the green team to rotating monthly water duty, and create signs that clearly state how much sunlight and water each plant needs.

JUNE ALTERNATIVE TRANSPORTATION

In June, we're encouraging employees to try new forms of commuting, such as biking or public transit, to improve health and well-being and reduce single-occupancy car commuting.

- 1. HASHTAG: Send an all-staff email to spread awareness of #HipCommuter and to encourage employees to get involved in the cross-Canada [Commuter Challenge](#) (starting in early June) so that they experiment with alternative methods of commuting.
- 2. ACTIVITY: Send an all-staff email to gauge interest in developing a workplace carpooling network for colleagues who live close to each other. Assign a highly organized green team member to create a functional framework so that the program runs smoothly and reliably.
- 3. OPTIONAL: To encourage participation in carpooling initiatives, circulate the new CAA report on ['Ridesharing and Carpooling'](#), which discusses the innovative potential of employer carpool programs and also shares statistics that can be used for developing a compelling business case.

The #AlwaysSustainable campaign is aiming for easy and practical solutions that can collectively reduce energy consumption. We believe that these green team activities are important steps in helping each Epic property across Canada control and reduce its energy costs.

 @Epic_AlwaysOn  Epic Investment Services Join the conversation: #AlwaysSustainable

If you would like to be on our green team distribution list, send your name, address and contact info: as@epicinvestmentservices.com

We have designed the #AlwaysSustainable program to give your green team one activity and social media hashtag each month to raise property-wide awareness of, and encourage involvement in, the monthly theme.

JULY HEALTH AND WELL-BEING

In July, we're focusing on employee self-care by tapping into the International Self-Care Day framework, which can help everyone upgrade their everyday habits for better health and well-being.

- 1. HASHTAG: Send an all-staff email to spread awareness of #YOLO and introduce employees to the "Seven Pillars of Self-Care." Each green team can come up with its own way to use this hashtag to promote participation in an International Self-Care Day event on July 24, 2019.
- 2. ACTIVITY: Use the "Global Support for the Seven Pillars of Self-Care" page as a starting point to plan your activities for an International Self-Care Day event. As recommended, you should tailor these activities to the overarching needs of your particular organization.
- 3. OPTIONAL: Consider compiling a list of ideas and disseminating a basic survey to employees to ensure the event aligns with their specific values of self-care.

AUGUST WATER CONSERVATION

In August, we're showing employees how much water is being wasted and offering simple steps to conserve water through basic habits.

- 1. HASHTAG: Send an all-staff email to spread awareness of #GoWithTheLowFlow, low-flow technologies and simple conservation habits. Each green team can come up with its own way to use this hashtag to promote participation in a World Water Week event sometime between August 25–30, 2019.
- 2. ACTIVITY: Print out several graphics from this [Global News](#) article, which visually demonstrate the amount of water Canadians waste regularly, mostly through inattention. Place them in high-visibility spots around the office or at home.
- 3. OPTIONAL: Investigate places that have good sales on low-flow technology, such as dual-flush toilets, which use only half the water per flush and can also save up to \$100 per year in water costs. Send an email to staff encouraging them to make home upgrades that can save them money.

