

# ForeverGreen Film Festival Guide

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# Enhance Productivity with *V for Ventilation*



V for Ventilation is a dystopian thriller that transports you to the year 2025, where the indoor air quality (IAQ) is poor and air supply vents are blocked by equipment and furniture. One hero named “V”, moves through the building like a breath of fresh air to turn things around – he ends up improving the health and wellness and productivity of his co-workers. The movie follows his exploits as he accomplishes the following to strike a crushing blow against poor IAQ:

- 01.** Adds indoor plants like, spider plants, peace lilies and bamboo palms to the workspace to allow natural filtration of air.
- 02.** Keeps the workspace clean and uses only green cleaning products that do not contain any harmful chemicals.
- 03.** Increases exposure to natural light — a brightly lit space creates a more positive environment than a dimly lit one.
- 04.** Unblocks air vents or grilles.
- 05.** Ensures compliance with workplace and building smoking and scent policies.

On Tuesday **May 2, 2017**, “V” will take part in World Asthma Day, an annual event organized by the *Global Initiative for Asthma* to improve asthma awareness around the world. Visit [www.ginasthma.org](http://www.ginasthma.org) to learn more.


# Join *Gridlock Holmes* on his carpooling adventure

The summer blockbuster, *Gridlock Holmes*, opened this weekend to high praise from both the audience and critics. It chronicles the adventures of Gridlock Holmes and his sidekick, Dr. Watson as they go on a classic action-packed carpooling adventure. They uncover the mystery of how everyone can reduce emissions from Canada's transportation sector, where 74% of commuters drive private vehicles.

We sat down with the lead actors of this movie, who shared with us some helpful carpooling tips:

- 01.** It just makes cents — carpooling can save you money by allowing you to share commuting costs.
  - 02.** Avoid the Gridlock — one less car on the road is one less reason for traffic.
  - 03.** Make new friends — and maybe, start your own version of carpool karaoke!
  - 04.** Be productive — get a head start on your emails or catch up on the news if you are not the one driving.
  - 05.** If carpooling is not an option — see if public transit, walking, or biking, is a cheaper and more convenient option for your daily commute.
- This movie makes carpooling look like a lot of fun! So, what are you waiting for?

# Make it *A Walk to Remember*



Did you know that going for walks can have a positive effect on stress reduction and mental health? If you are already on the *FitBit* trend, then boost your productivity and chase your goal of 10,000 steps by incorporating more walking in your daily life:

**01.**

Pace around when waiting for the microwave or kettle, or when you are on the phone.

**02.**

Walk the Talk by scheduling Walking Meetings — some research shows that walking leads to increases in creative thinking and can be more productive than traditional sit-down meetings.

**03.**

Use stairs in your building, and take the longer route, where possible.

**04.**

Start a 'Walking Wednesdays' group — go on a mid-day walk with your co-workers and explore the neighbourhood near your office.

**05.**

Organize a 'Step Count Challenge' — track steps and award prizes for the top stepper, most improved, etc.

Walking briskly for just 30 minutes a day can help lower chronic disease risk factors such as high blood pressure. Take a step to start or continue your journey to better health.

# Stop the *Fast and Furious: Water Leak*



This movie is set in the current climate, where according to the United Nations Environment Programme (UNEP) demand for water will exceed supply by 40% in 2030. Commercial and institutional buildings use a significant amount of water and energy in their daily operations which presents immense opportunities to reduce consumption.

The movie tells a cautionary tale of a world rife with water scarcity, and a team of dedicated people who pull off a water heist of a lifetime by implementing water saving tips. We have the insider scoop on how you too, can enhance your water conservation skills:

- 01.** Install water-efficient plumbing fixtures (low-flow toilets, urinals, sinks and shower heads).
- 02.** Install faucet aerators – these mix water with air, creating a more misty spray and using less water than conventional faucets.
- 03.** Rinse vegetables in a bowl and not under running water. Then, use that water to water your plants.
- 04.** Post a notice in your workplace kitchen, nudging people to use water wisely when washing the dishes.
- 05.** If you notice a leaky faucet, report it to your property manager.

# About ForeverGreen

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 and greener place to work. **TOGETHER WE CAN ACHIEVE FOREVERGREEN.**

For the seventh consecutive year, Bentall Kennedy has earned the U.S. Environmental Protection Agency's (EPA) ENERGY STAR Partner of the Year – Sustained Excellence Award. Key 2016 accomplishments include:

- Benchmarking 859 properties
- Increased average ENERGY STAR score across the Bentall Kennedy portfolio from 77 in 2015 to 81 in 2016
- Achieving cumulative energy savings of 322.6 million ekWh since 2009 – this is equivalent to the amount of energy used by 23,940 homes in a year!

Connect with us on twitter: [@bkforevergreen](https://twitter.com/bkforevergreen)



9 years in a row, Bentall Kennedy has been recognized as an ENERGY STAR Partner for our commitment to energy management and reducing consumption.



6 years in a row, Bentall Kennedy has ranked among the top firms worldwide by the Global Real Estate Sustainability Benchmark (GRESB).

For additional information on ForeverGreen contact your Property Manager or visit: [www.bkforevergreen.com](http://www.bkforevergreen.com)