

June 2019

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

A: THIS ACTIVITY BURNS ALMOST 300 CALORIES PER HOUR - AND HELPS YOU BEAT TRAFFIC.

Q: WHAT IS BIKING?



 [watch the video](#)



Cycling is one of the easiest ways to exercise. You can ride a bicycle almost anywhere and without spending a fortune. All you need is a bike, a half an hour here or there when it suits, and a bit of confidence!

Are you just starting out?

Make sure to map your route in advance and wear appropriate gear. Check out [these 15 tips](#) for first time bike commuters to get started.