## Winter Power Down @home

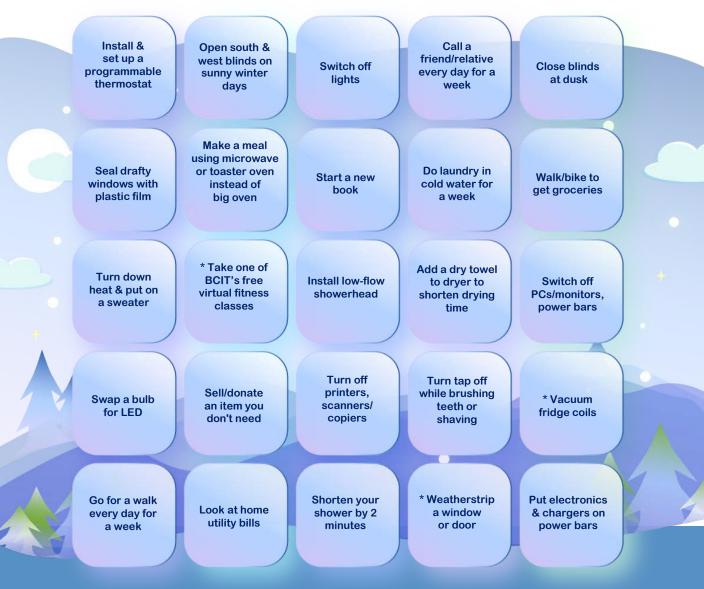
Name:

## **Be Kind and Unwind**

Even our appliances and work equipment could use a break this holiday season. To help you unwind and be kind to our planet this holiday, play BCIT's **Winter Power Down**.

Complete at least five activities in a row, mark them, and submit to <u>energy@bcit.ca</u> by December 20 for a chance to win an energy-saving prize!

BCIT



## More about the actions you can take

\* Virtual fitness classes: <u>http://www.bcit.ca/recreation/healthy-at-home/virtual-fitness-classes/</u>

\* Weatherstrip: <u>https://www.nrcan.gc.ca/energy-efficiency/energy-efficiency-homes/how-can-imake-my-home-more-ener/keeping-heat/keeping-heat-chapter-8-upgrading-windows-and-</u>

doors/15643 sections 8.1.6 & 8.2