



15 Ways to Renew You and Virginia

Complete 15 activities over the course of the next month to help take better care of your self and the Commonwealth.



Check off each activity as you go to see the big impact small changes can have.

At Work



Take the steps instead of the elevator



Turn off your computer monitor when not in use



Use daylight instead of lamps to light your office or room



Reduce your paper margins on all sides with just a few clicks



Unplug the coffee maker when not in use

At Home



Set your rechargeable gadgets on a timer so they do not constantly recharge. ie, dust buster, cell phones or flashlights



Make sure your refrigerator and freezer are set at the right temperature (between 38-42 degrees F and 0-5 degrees F, respectively).



Eat a meatless meal one night a week.



Lower your thermostat in winter by 2° F. For every degree you lower your heat in the 60-degree to 70-degree range, you'll save up to 5% on heating costs.



Only run your dishwasher or washing machine for full loads.



Use a motion sensor for outdoor security lighting and set so that they do not stay on unnecessarily



Wash with cold instead of hot water. Modern detergents work just as well in cold as hot water.

On The Road



When driving, observe the speed limit; fuel economy decreases significantly past 60 mph.



Remove excess items and "junk in your trunk" to increase fuel efficiency and lighten the load your vehicle must transport.



Check tire pressure and be sure your tires are inflated properly for best fuel efficiency and safety