

automatically reduces your energy consumption when compared with the lower efficiency version. If your unit is near its end of life, its efficiency is even lower so talk to a professional about your options for replacing your air conditioner with a high efficiency system.

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Proper Maintenance
A poorly functioning system might still keep you cool but will cost you with high energy consumption. Keeping on top of

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Marinated Grilled Chicken

<https://www.allrecipes.com/recipe/14544/marinated-grilled-chicken-ii/>

Ingredients:

- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon lemon pepper
- 1/2 (16 ounce) bottle Italian-style salad dressing
- salt to taste

Directions:

Rinse chicken and pat dry. Place in a shallow glass bowl and pour salad dressing over it. Cover and refrigerate for at least 3 hours.

Lightly oil grill and preheat to medium high.

Remove chicken breasts from marinade. Season with lemon pepper and salt to taste. Grill over medium high heat for 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.



How To Reduce Cooling Energy Consumption

Your home's HVAC system consumes up to half of the energy used overall. A huge portion of that is due to heating but cooling also consumes a fair share when summer rolls around. Here are some ways to reduce that energy consumption without suffering needlessly.

Higher Thermostat Setting
Setting your temperature just a degree higher than usual will consume less energy and you might not even notice much of a difference. If you're wearing sweaters during the summer, chances are you can save on energy using this tactic and still feel cool enough.

Smart Thermostat
Rather than rely on your own memory or habit to change the temperature throughout the day or week, consider investing in a smart thermostat to do it for you. Even a programmable thermostat that allows you to set the temperature variations throughout the week will

prevent you from letting your equipment consume too much energy cooling an empty house.

Open Windows In Cooler Weather

There's a principle that commercial buildings use called "free cooling". It typically applies to the unit bringing in outside air if it is at the right temperature and supplying it to the building. In your case, make use of outside air during cooler days and nights to allow you to save on energy while getting extra fresh air.

High Efficiency System

Upgrading to a high efficiency system



How To Reduce Cooling Energy Consumption (Cont.)

your equipment maintenance will ensure that you get the most from your system. Ensure that your unit is well tuned so you benefit from longer lasting equipment as well as lower energy consumption during the hottest days of the year.

clearances for proper airflow.

If you need help reducing your home's cooling energy consumption, give us a call.

Place Condensing Unit In the shade

Your outdoor condensation unit works at a higher efficiency when the temperature outside is cooler. You can't control the weather but you can set your equipment up for improved performance by placing it in a shady spot. You can place your unit on the shadiest side of your house or use landscaping like well placed trees to block the sun. Just remember to maintain



Your Active Lifestyle Plan (Cont.)

you, take a look at how much of it is spent online or in front of the TV. Then turn it all off. Cancel subscriptions and delete apps or social media accounts if you must. Your time is better spent in motion.

... Or Use Your Screens

On the flip side, use screens to your advantage where you can. Look at videos on the treadmill, listen to your favorite audiobooks while walking, watch episodes while you pedal on your stationary bike. What you're doing is connecting the "reward" of screen time with the activity of working out. You're more likely to get going once it means doing the things you enjoy.

Team Sport

If you join a team sport, you'll be held accountable for not showing up, especially if friends or family are also on the team. Rather than struggling on your own, enlist the help of others to increase the likelihood that you'll stick to it. Then focus on having fun.

There are so many ways to incorporate movement into your life. Don't get stuck in the mindset that you have to go to the gym and do hardcore workouts to make it count. Find ways to take small steps and, before you know it, you won't even remember why you thought it was so hard.



Your Active Lifestyle Plan

Getting active... you know you should but, man is it hard! Sometimes it feels like you need another life to make it happen. Maybe when the kids grow up, you get more energy, you retire... Fortunately, you don't have to wait for some magical time to get active. Here are five ways to incorporate exercise into your life

Commit To 5 Minutes

For most people, the biggest hurdle to overcome is starting. You think a workout will require at least an hour of your time so you never start. But if you decide to get on your bike for just five minutes, you'll get some movement in and you can stop if you want. Odds are that you'll continue for a bit longer

(you may even find that missing hour!).

A Walk

You don't have to join a gym and hire a personal trainer to get active. A simple walk around your neighborhood, down your street or to the park with your kids will get you moving. Replace expensive dinner dates with a walk together. Use it as bonding time with the kid who's fighting for your attention. Do it alone and escape the chaos for a bit.

Turn Off the Screens...

Screens have a way of draining you while winding you up at the same time. They suck you into another world while this one passes. If time is a problem for

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Joke Section

Why didn't the sun go to college?

It already had a million degrees.

How do celebrities stay cool in the summer?

They have many fans.

SUMMER

— crossword puzzle —

