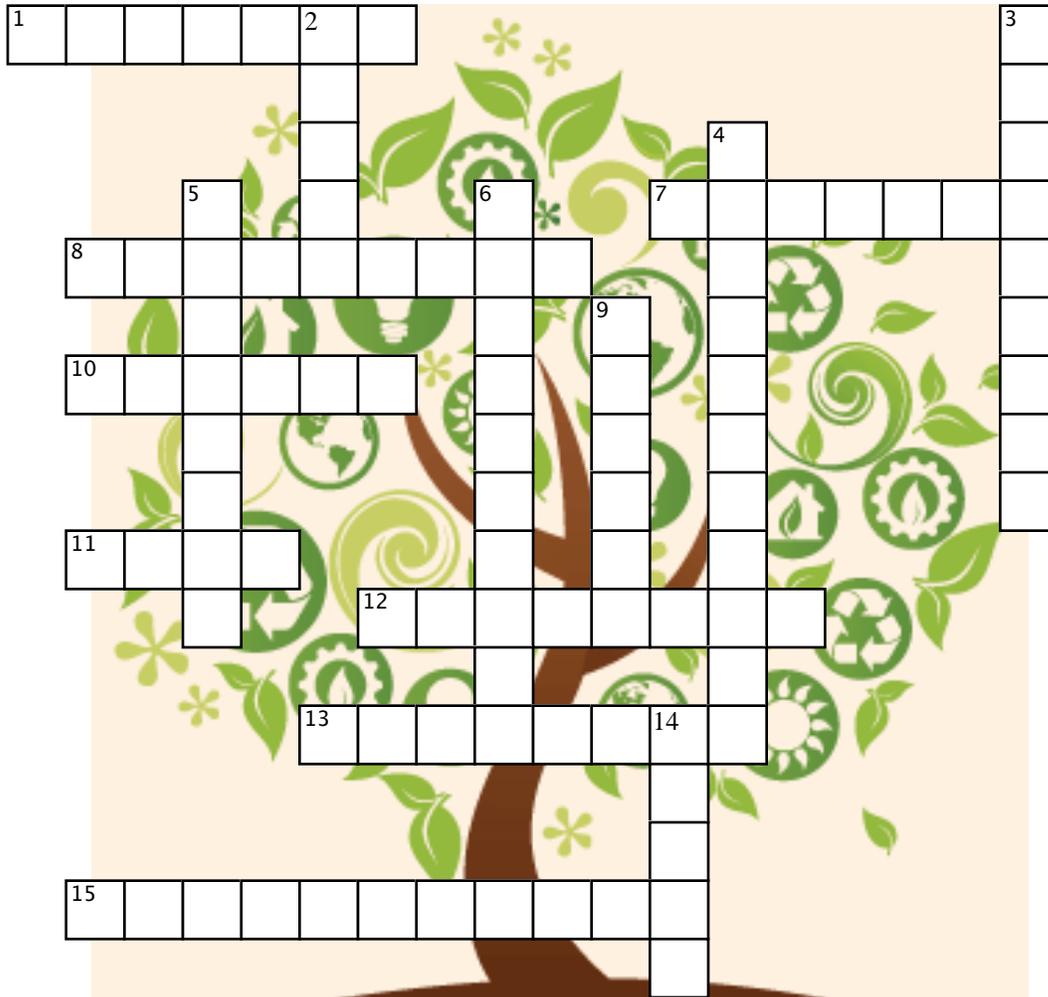


# Energy + Health Connection

Go Green Get Healthy HHS!



## Across

1. A \$400-\$600 rebate is available from the Maryland Energy Administration to Marylanders who purchase these types of stoves. (Alliance for Green Heat)
3. 30 minutes of this activity is recommended daily by the CDC to reduce disease risk. (FedStrive Pedometer Challenge)
8. Slowing this can help you de-stress at work. (FedStrive EAP)
10. The use of this in the average house can cause about twice as many greenhouse gas emissions as the average car. (Energy Star)
11. Muscle group that provides alignment to the body for posture and stability. (FedStrive fitness center)
12. Reduces air duct leakage by up to 90%, and energy use by up to 30%, while dramatically improving the heating/cooling comfort of your home. (Atlantic DC)
13. The DOE states that energy wasted from these leaky residential components alone is equivalent to the energy burned by 13 million cars a year. (Atlantic DC)
15. All food products and most of the containers at Humphrey café are this. (HHS GGGH)

## Down

2. This type of meter is a digital meter that records your usage in hourly increments giving you the power to review and evaluate your energy use in a timely manner. (PEPCO)
4. These types of appliances make up a surprisingly high share of home and office energy use today: 40% of home, 26% of office on average. (ThinkEco)
7. When commuting by bike, these help other drivers understand what you're doing. (WABA)
9. 72% of federal agencies have integrated this into their operations planning. (FOH Environmental Health)
6. The amount of money an average U.S. household spends per year to power devices while they are off (or in standby mode). (Energy Star)
9. "Less than three, \_\_\_ for me!" (OFMP Challenge)
14. The number of strains this year's flu vaccine will offer protection from. (FedStrive)