

# 3001

## STAMFORD SQUARE

# Health-Conscious Work Environment

## HEALTHY BUILDING = HEALTHY EMPLOYEES

Ashforth cares about your employees as much as our own. We believe our capital improvements and new amenities at 3001 Stamford Square will improve your employees' health and productivity, which ultimately helps reduce healthcare costs and illness-related absences.

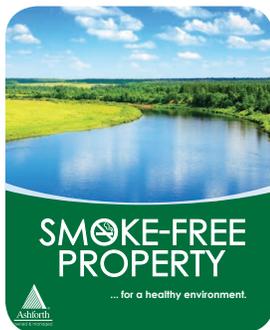
### SUPERIOR AIR QUALITY

The U.S. EPA notes Americans spend an estimated 90% of their time indoors, where pollutant levels may be two to five times higher than outdoors. Poor indoor air quality significantly influences rates of respiratory illness, allergy and asthma symptoms, "sick building syndrome" symptoms, and employee performance.

Improved thermal comfort, reduction in indoor pollutants, and enhanced ventilation rates have been shown to increase productivity by 5-10%.

#### ASHFORTH INITIATIVES:

- All air filtration upgraded to top MERV 13 rating\* – the choice for superior commercial buildings, hospital inpatient care and general surgery applications
- Particles trapped by MERV 13 filters: all bacteria, dust, smoke, auto emissions, mold spores
- Outdoor air is conditioned and filtered twice before being delivered to occupied spaces
- ENERGY STAR rated, highly-efficient building systems
- New smoke-free policy indoors and outdoors – signage installed and ashtrays removed



\*Minimum Efficiency Reporting Value (MERV) Parameters [U.S. EPA]

MERV	Particle Size Removal Efficiency	Typical Controlled Contaminant
13-16	0.3-1 µm	All bacteria, droplet nuclei (sneeze), most smoke, insecticide dust, most face powder, most paint pigments
9-12	1-3 µm	Legionella, humidifier dust, lead dust, milled flour, auto emission particles, nebulizer drugs
5-8	3-10 µm	Mold, spores, dust mite body parts and droppings, cat and dog dander, hair spray, fabric protector, dusting aids

µm = micrometre

### HEALTHY AMENITIES

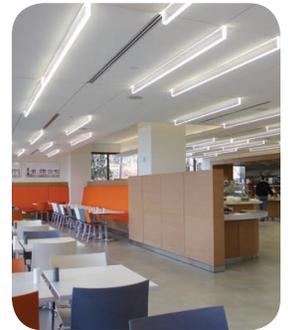
A Duke University study showed that obese employees cost companies more money than their fit counterparts – they lost 13 times more days of work, had seven times higher medical costs, and filed twice as many workers' compensation claims.

Accessible healthy food choices, fitness and a location to take short work breaks have been shown to increase productivity.

#### ASHFORTH INITIATIVES:

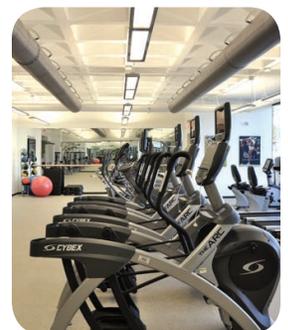
#### HEALTHY GOURMET CAFE

- Modern gourmet café with catering capabilities
- Menu promotes fresh and nutritious options to eat in or take out
- Convenient and healthy alternative to fast food
- Indoor and 3-season outdoor seating



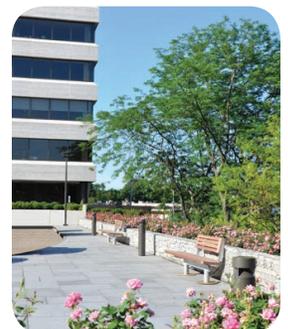
#### STATE-OF-THE-ART FITNESS CENTER

- On-site fitness center with state-of-the-art equipment
- Exercise equipment includes: treadmills, ellipticals, recumbent bikes, upright bikes, personal TV's on most cardio equipment, strength equipment
- Private health club atmosphere features full-service men's and women's locker rooms with showers, and towel service
- Bi-annual on-site health screenings



#### DEDICATED OUTDOOR SEATING

- Fully landscaped courtyard with abundant park bench seating



3001STAMFORDSQUARE.COM



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