



Pedal Power! Spin Your Way to Optimum Health

Spring is the perfect time to give your diet and exercise routine a fresh spin. With the recent opening of Hills Fit Studio, ECC tenants and employees can now add indoor cycling to their list of options for achieving their health and fitness goals.

Owner Hillary Schumer says an effective weight loss or management program should incorporate sound nutritional practices. "No matter how much someone works out, the pounds will not come off unless they make changes to their diet."

Schumer's tips for shedding those extra winter pounds:

- Maintain a diet comprised of lots of vegetables, lean protein, moderate fruit intake and whole grains.
- Minimize carbohydrates and sugar and avoid processed foods; focus on eating foods that come right from the earth.
- Cardio and strength training are equally important when exercising to support weight-loss. Spinning burns calories, strength training builds muscle mass, which also speeds up metabolism.

Hills Fit Studio is currently offering ECC tenants a 20% discount on all class packages – visit hillsfit.com for prices and schedules.

Game On!

This year's "March Madness" college basketball tournament certainly lived up to its billing! ECC once again commemorated the event with a basketball court in our building lobby. Tenants and employees enjoyed hitting the courts during their lunch break to engage in a little friendly competition and perfect their jump shots. Congratulations to Verizon and Citrin Cooperman for making it to the final round of ECC's in-house competition!

Café Corner: Savor the Season

The ECC Café's theme days, festivals and promotions offer a delicious taste of spring and summer.

May 4 & 5:

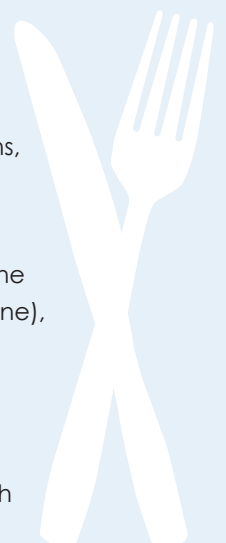
- Say "Ole!" during the Café's annual Cinco de Mayo celebration, featuring lively decorations, music and of course, plenty of Mexican food.

Food Festival Wednesdays:

- The Café's "Food Festivals" are a campus favorite. Every Wednesday a seasonal "Food of the Month" is highlighted: April it's asparagus and May is the strawberry. Look for blueberries (June), corn (July) and tomatoes (August) this summer.

Also new at the Café:

- "Peak 4" – Four new seasonal food items will be added to the salad bar every month.
- Locally produced and procured specialty items also will be introduced monthly, starting with First Field's tomato ketchup and Patriot Pickle-brand pickles.



Shop, Dine, Save!

ECC tenants not only have access to great on-site amenities – we are directly across the street from The Shoppes at the Livingston Circle. Take advantage of the nearby convenience of retailers, restaurants and service providers at The Shoppes – and be sure to check out ongoing tenant and community events.

- In addition to our ECC Café, Ike's Bagel Café is a great option for fueling your next breakfast or lunch meeting. Their menu features all your favorites and delivery is FREE to ECC! Open at 6 a.m., Ike's is also a perfect spot for early morning meetings with colleagues or clients.
- ECC tenants receive exclusive savings from select retailers at The Shoppes. Offers change monthly, so look for our Coupon Flyer in the lobby. You can also get updates by liking "Eastman Retail" on Facebook or following "Eastman_Retail" on Twitter.
- Meet adoptable dogs, cats, puppies and kittens and support local animal shelters and rescue groups at the Livingston Pet Expo, which is being hosted by The Shoppes at the Livingston Circle on Sunday, May 1 from 1 to 5 p.m.

Earth Day Every Day

Now in its 46th year, Earth Day continues to raise awareness about a wide range of environmental issues. At ECC, Earth Day is more than a single day on the calendar – we are committed to reducing our environmental impact all year long. Did you know:

- Building management only uses green cleaning products and janitorial supplies.
- Roof- and ground-mounted solar array installations provide green power, reduce the building's carbon footprint and lower operational costs.
- The complex has four electric car charging stations.
- The 35-foot-high decorative panel behind the lobby security desk is manufactured from recycled plastic.
- Restrooms include low-flow toilets, sinks and urinals, as well as light sensors to control the ceiling and pendant lights over each sink.
- ECC has contracted with ConEdison to purchase 100 percent sustainable energy through certified wind power.

Tenant Profile: Jersey Cares

Established in 1993, Jersey Cares is a dynamic nonprofit organization with a proven track record of empowering citizens, building stronger communities and creating a better New Jersey. Jersey Cares works directly with local nonprofit organizations and schools, identifying their needs and recruiting and managing volunteers to meet those needs. The organization manages more than 200 volunteer projects each month, including helping children with homework, socializing with isolated seniors, caring for animals, organizing donated eyeglasses and much more. They will be supporting our local community by providing volunteers for the Second Annual Livingston Pet Expo, set to take place on May 1st at The Shoppes at the Livingston Circle.



Formerly headquartered in Newark, Jersey Cares joined ECC's tenant roster in 2015. "Jersey Cares has grown significantly over the last few years which necessitated our need to acquire larger office space at ECC," said Brian E. Dean, Executive Director. "With its on-site gym and cafeteria, ample meeting space and a conference center – plus an attentive and responsive staff – Eisenhower Corporate Campus was an ideal choice for our organization and a great value. We have been thoroughly pleased with our decision to move here."

Visit www.jerseycares.org to learn more about Jersey Cares and view a calendar of upcoming projects.

Ron's Tidbits: Updates from Building Manager Ron Thomson

- Signs of spring are evident throughout our campus! The daffodils are in bloom and the Canadian geese are back nesting at the pond. The picnic tables and benches surrounding the pond recently have been painted and are ready for outdoor dining.
- The Children's Theatre of Livingston recently used our auditorium for their performance of "The Jungle Book." A record number of people attended this production, which featured performances by a talented cast of young actors and actresses.
- Tenants continue taking advantage of ECC's many conference rooms, and are using the 200-seat auditorium with stage for larger events and town hall meetings.
- The basketball court in the lobby is available for all tenants to enjoy.
- Earth Day still is a few weeks away, but Verizon already has demonstrated its commitment to the environment. On March 19 the company's employees around the world took part in the annual "Earth Hour" movement. Employees pledged to turn off lights for one hour at more than 760 Verizon buildings – encompassing more than 38 million square feet – as well as in thousands of employee homes.