



No one can avoid the summer heat in Texas, but you can be prepared –and TXU Energy can help. Our bodies generate heat and burn calories just as appliances and electronics use energy in our homes. Conserve electricity by following some of these tips and stay cool this summer in the Texas heat.

Energy Tips for Athletes	Energy Tips for Homes
<i>The more physical exertion your job demands both on and off the field, the more heat your body produces.</i>	<i>The more appliances and electronics your home has plugged in, the more electricity your home uses.</i>
<i>Take frequent breaks and stay hydrated.</i>	<i>Combat energy usage by unplugging electronics when not in use.</i>
<i>Get a yearly physical to ensure health and top performance!</i>	<i>Have your cooling system serviced annually by a licensed contractor. If your cooling unit is more than 12 years old, consider replacing it with newer, more efficient equipment.</i>
<i>Protect your skin during the summer sun by wearing protective clothing and hats to guard against the elements. Breathable fabrics and light colors will help combat heat and allow your body to cool.</i>	<i>Insulate your attic. It's one of the most cost-effective energy savings measures you can take, and one you can do yourself. Open the upper vents to let warm air out and make sure lower (soffit) vents are not blocked.</i>
<i>Reserve outdoor play for the cooler parts of the day, during the early morning and late evening.</i>	<i>Make the most of TXU Energy Free NightsSM plan and shift as much energy use as you can to your free hours, 10 p.m. – 6 a.m.*</i>
<i>Use a sunscreen that is not oil based to help your body stay cooler.</i>	<i>Use of a ceiling fan will move the air around our bodies, creating a "wind chill" effect. Always turn off fans when you are away from home.</i>
<i>Cool off in the shade.</i>	<i>Use fans in conjunction with a raised thermostat to combat energy usage without sacrificing comfort.</i>

If you are looking for ways to be more energy efficient, we have tips for everything from your appliances to your activities. Visit us at www.txu.com for more information.

TXU Energy Free Nights plans are available to residential customers who have had an AMS-enabled smart meter installed and provisioned at their premise by their local Transmission and Distribution Utility (TDU). Minimum term of 12, 24 or 36 months and early cancellation fee of \$150-\$295 apply, depending on plan term. The only circumstance in which the price could change during the minimum term is to reflect actual changes in law or regulatory charges as described in the Electricity Facts Label (EFL). See the Terms of Service Agreement and Electricity Facts Label for more details.

Free nights apply only to the amount billed for the Energy Charges between 10 p.m. and 6 a.m. every day for 12, 24 or 36 full months. Monthly Base Charge, state and local taxes, and other billed charges apply normally to all hours of usage.