

HEALTHY LIVING:

HOW YOUR HOME AFFECTS YOUR HEALTH



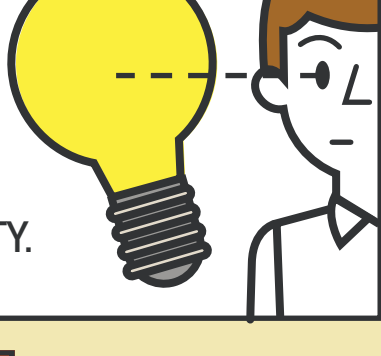
YOUR HOME AFFECTS YOUR HEALTH... A LOT!

WHETHER IT'S WHERE YOU LIVE OR HOW YOUR HOME IS SET UP, YOUR ENVIRONMENT AFFECTS THE WAY YOU LIVE.

YOUR ENVIRONMENT INFLUENCES...

MOOD

EXAMPLE: STUDIES REVEAL THAT ROOMS WITH BRIGHT LIGHT CAN IMPROVE DEPRESSION AND ANXIETY.



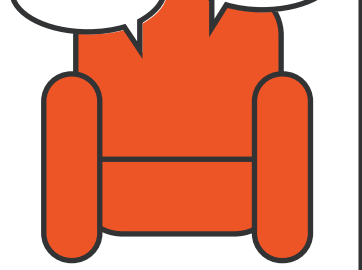
BEHAVIOR

EXAMPLE: CLEAN ROOMS ENCOURAGE YOU TO BE NEAT.



INTERACTIONS

EXAMPLE: COMFORTABLE CHAIRS ENCOURAGES SITTING AND CHATTING.



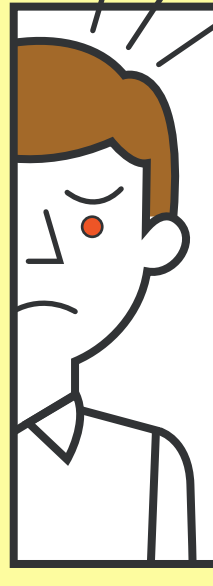
STRESS

EXAMPLE: A STRESSFUL ENVIRONMENT CAN AFFECT LONGEVITY.

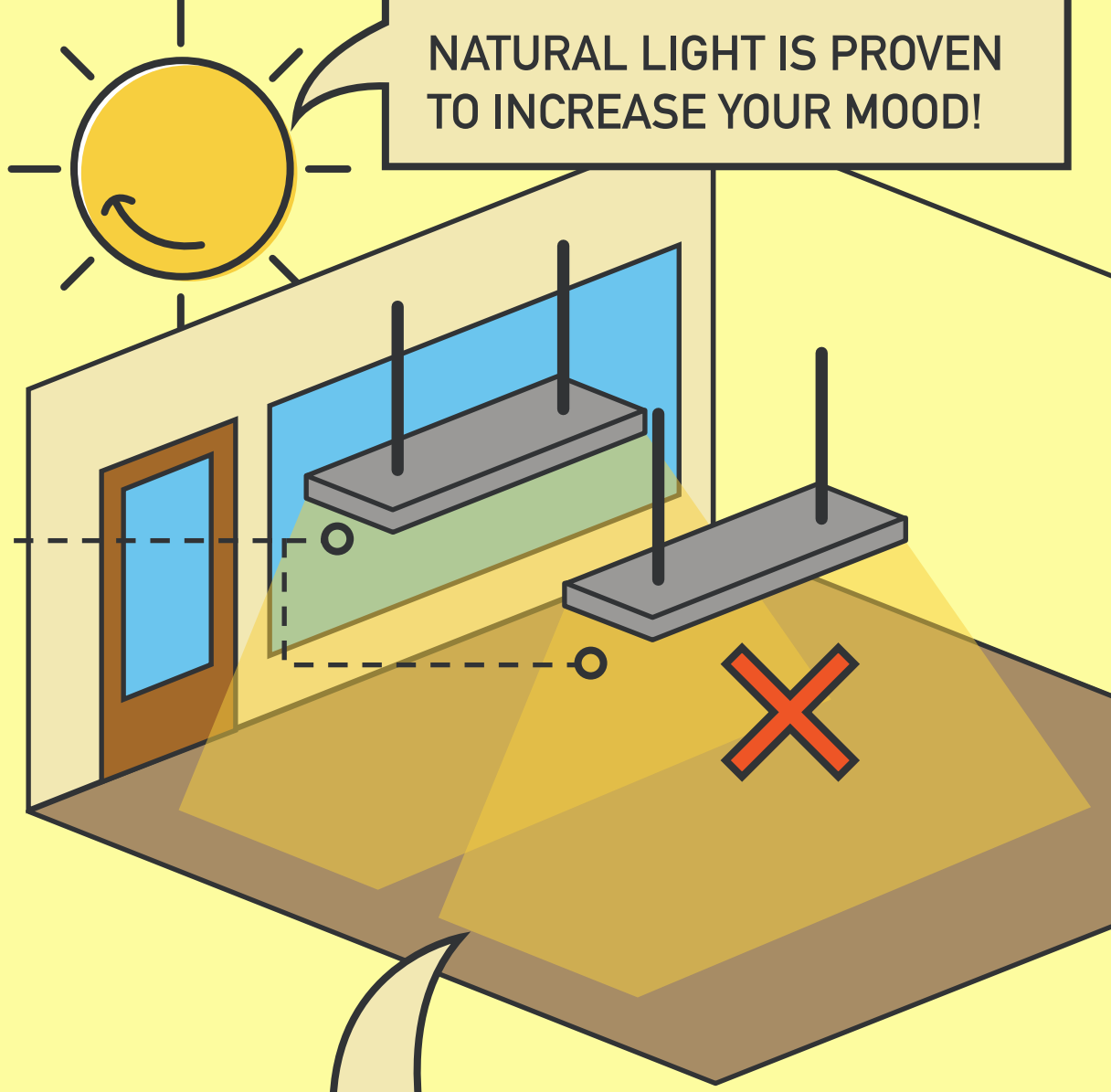


LIGHTING

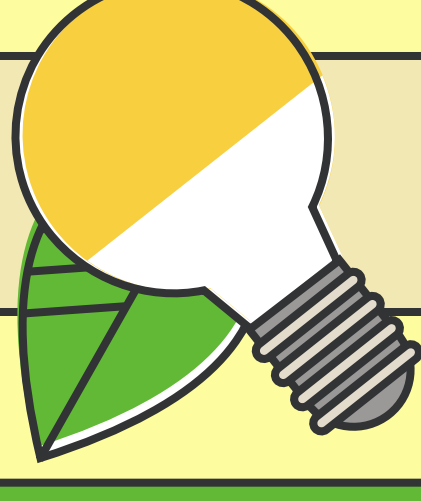
SAY NO TO FLUORESCENTS SEVERAL STUDIES HAVE SHOWN A LINK BETWEEN PROLONGED EXPOSURE TO FLUORESCENT LIGHTS AND...



MIGRAINES
EYE STRAIN
SLEEP PROBLEMS
DEPRESSION

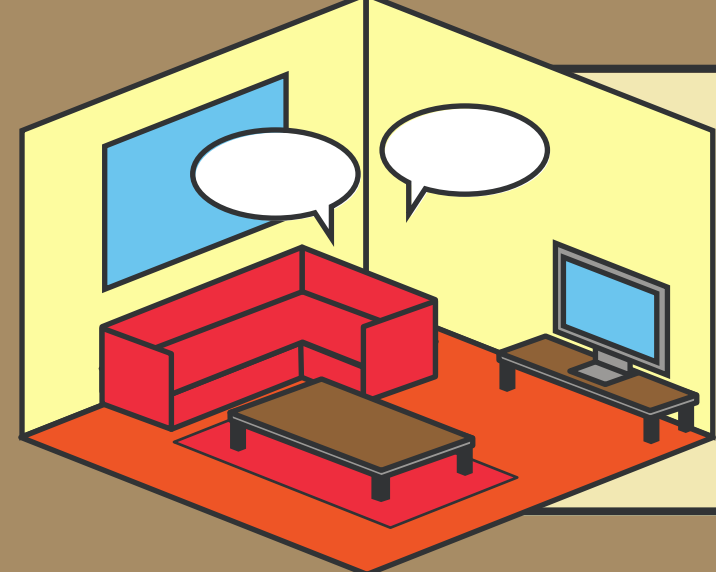
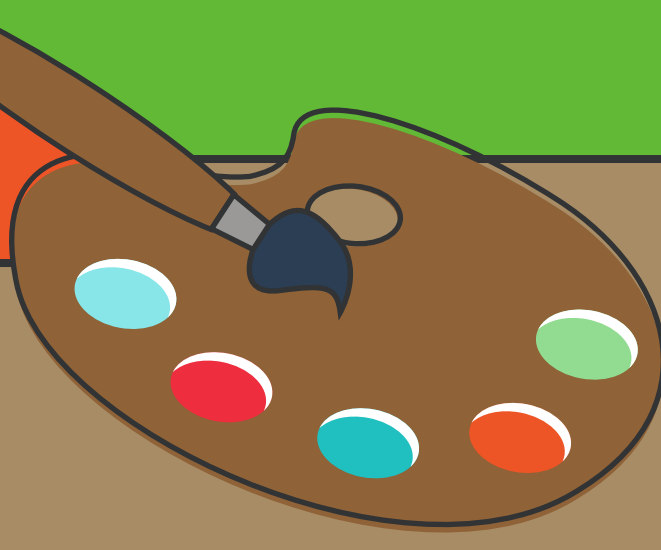


REPLACE YOUR LIGHTS WITH ENERGY EFFICIENT LEDS OR CREATE SPACE THAT ALLOWS FOR NATURAL LIGHT. INSTALL GLASS DOORS AND LARGE WINDOWS.



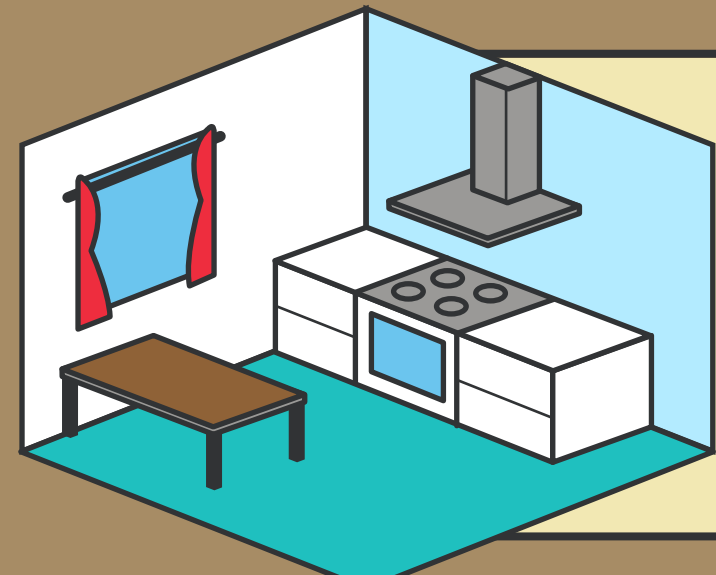
COLOR PSYCHOLOGY

THE COLORS YOU DECORATE YOUR HOME IN CAN AFFECT YOUR MOOD.



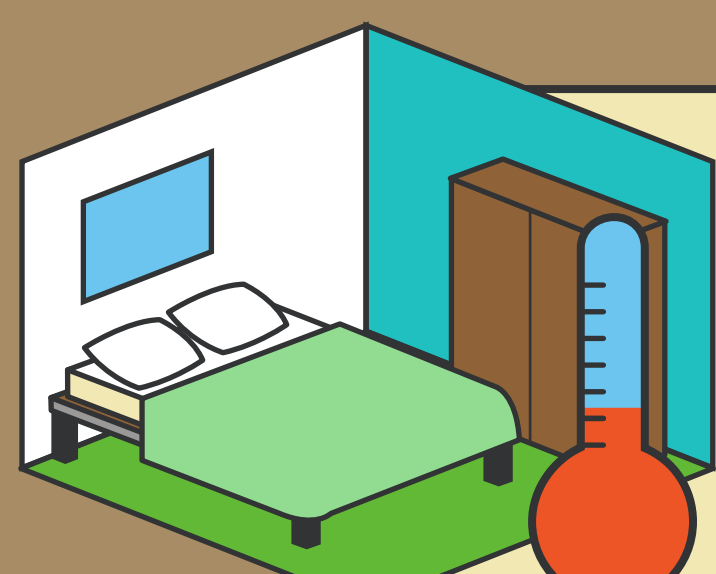
LIVING ROOM

WARM TONES (LIKE REDS AND ORANGES) TO STIMULATE CONVERSATION



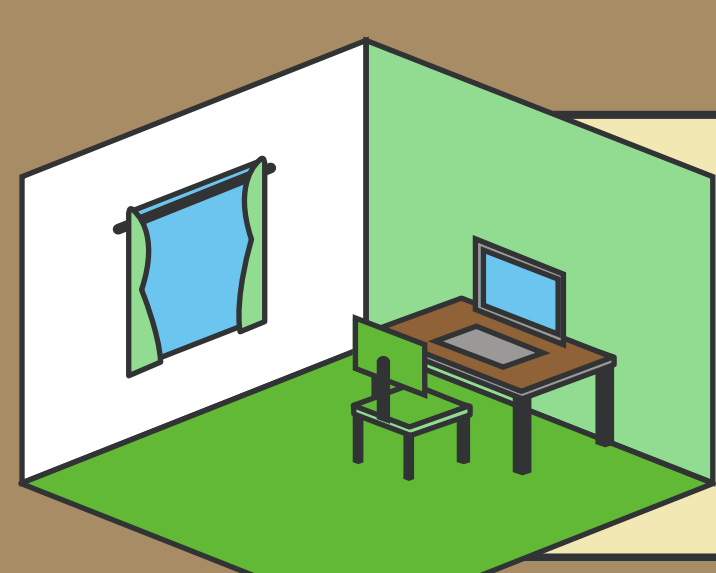
KITCHEN

BLUE AND WHITE WILL BRING BACK MEMORIES
REDS AND YELLOWS WILL ENCOURAGE ACTIVITY (AND EATING! SO COLOR WITH CAUTION)



BEDROOM

COOL COLORS (BLUES AND GREENS) HELP WITH SLEEP
OTHER WAYS TO VAMP UP YOUR BEDROOM!
BUY A NEW MATTRESS (NEED TO REPLACE EVERY 8 YEARS)
KEEP IT COOL, BETWEEN 68°F AND 70°F

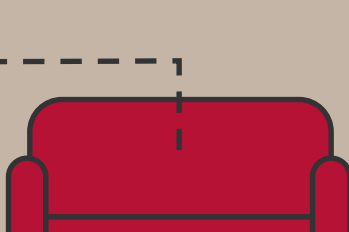


HOME OFFICE

GREEN ENCOURAGE PRODUCTIVITY



ELECTRONICS AND APPLIANCES

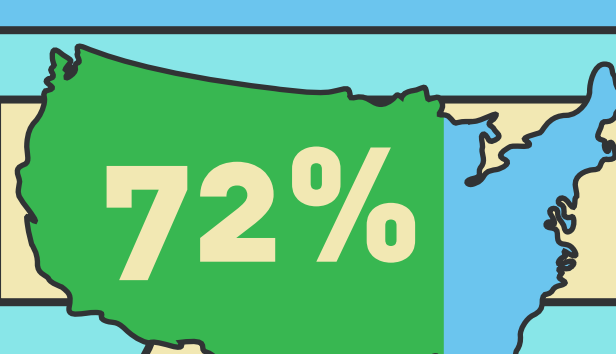


AVOID EYE STRAIN! SIT WITH ENOUGH DISTANCE BETWEEN THE COUCH AND TV AT LEAST 1.5 TIMES THE WIDTH OF THE TV

DON'T USE A DRYER INDOORS THE MOISTURE CAN INCREASE HUMIDITY, AND MAY LEAD TO MOLD!



SPRING CLEANING TIPS



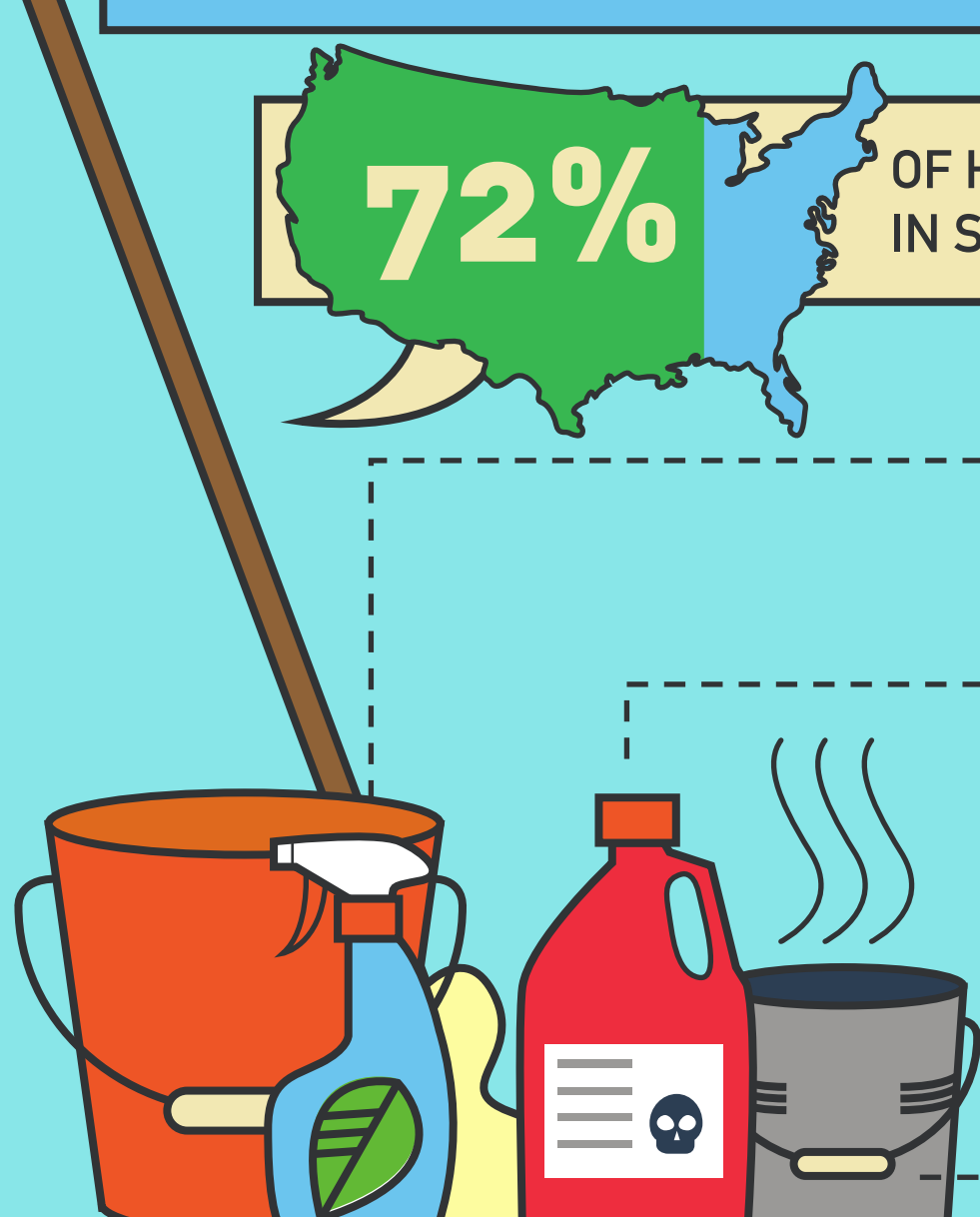
72% OF HOUSEHOLDS IN THE US PARTAKE IN SPRING CLEANING ONCE A YEAR.

GO "GREEN" WHEN IT COMES TO CLEANING PRODUCTS!

STAY AWAY FROM PRODUCTS WITH HARMFUL CHEMICALS THAT CAN IRRITATE THE BODY.

BUY SMALL.

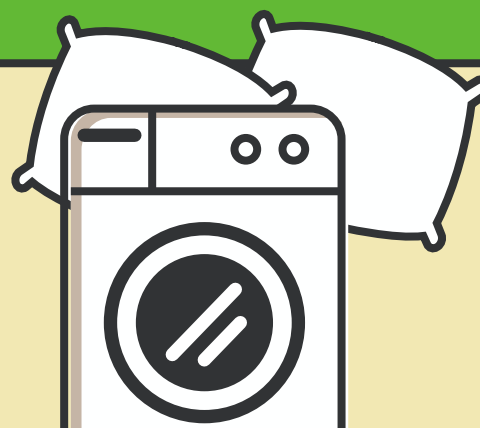
PAINT THINNER OR GAS SHOULD BE BOUGHT IN SMALL CONTAINERS SO THE LEFTOVER FUMES DON'T STAY IN THE HOME.



HAVE ALLERGIES?



MOP AND VACUUM OFTEN



WASH BEDDING WEEKLY

MAKE SURE YOUR HOME IS A HAPPY AND HEALTHY PLACE FOR YOUR FAMILY. ALL IT TAKES IS A FEW UPDATES AND A LITTLE ELBOW GREASE!

SOURCES

<http://www.consumerreports.org/cleaning/simple-steps-healthy-home-spring/>
<https://www.takingcharge.csh.umn.edu/enhance-your-well-being/environment/your-personal-environment/how-does-your-personal-environment-imp>
<http://organic4greenlivings.com/ways-your-home-affects-your-health/>
<https://www.hsph.harvard.edu/news/features/hot-topics-2011-laden-location-health/>