



# 5 WAYS SPRING-CLEANING CAN MAKE YOU HEALTHIER

1.



## STRENGTHENS YOUR IMMUNE SYSTEM

A clean house can help you breathe better by preventing respiratory issues and supporting a healthy immune system.

## DECREASES STRESS AND DEPRESSION

Studies have found that a relaxing and clutter-free home has a positive effect on people's daily mood and ability to focus.

2.



## PREVENTS ILLNESS

Cleaning things you touch a lot help you avoid illness and minimize the spread of viruses and bacteria

3.



## MORE HEALTHY EATING, PHYSICAL ACTIVITY

Studies show a correlation between keeping a clean home and being active and choosing healthier food options.

4.



## REDUCES RISK OF INJURY

According to the CDC, more than 1 in 4 adults over age 65 fall each year. A clean home can help prevent those injuries and having a clear path can help reduce the risk of accidents.

5.

