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.

2. **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.

3. **PREVENTS ILLNESS**
   Cleaning things you touch a lot help you avoid illness and minimize the spread of viruses and bacteria.

4. **MORE HEALTHY EATING, PHYSICAL ACTIVITY**
   Studies show a correlation between keeping a clean home and being active and choosing healthier food options.

5. **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.