



WELLNESS EXPERT TIPS FOR HEALTHY HOME HABITS



ABSTRACT

You don't have to be a wellness expert to know that your home can have a huge impact on your health. Your environment has an effect, just as what you eat does. But, the experts can definitely help point the rest of us in the right direction toward a home that supports wellness goals. So, if you're someone who wants to make your home feel – and be – a bit more healthy, check out these suggestions from three pros who reveal the things they always keep around their homes...and things they avoid.

INTRODUCTION

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

I. 10 Unhealthy Habits You Need to Change Now



Some of the things you do—or don't do—every day might be **sabotaging your efforts** to be healthier. As you read this list of daily habits, don't beat yourself up if you find many of them resonate with you. **We all have things we could change.** And change can be hard—but there are some things that can help make it a little easier.

Another tool to try is habit stacking. This takes a habit you already have and piggybacks the new habit onto it. For example, let's say you want to start your day by

drinking water. You could habit stack this with brushing your teeth in the morning. So, after you brush your teeth, you'll drink a glass of water.

Or piggyback it with two habits—going to bed and getting up in the morning. In this case, you could fill your glass of water at bedtime, so your trigger to fill your glass is getting ready for bed. Now when you get up—which is your trigger to drink the water—it's there.

Take a look at these 10 habits to see if there are any areas you can make a healthy change. While it can be tempting to take on all of your habits at once, working on one at a time and consistently practicing it will help change your brain and make the habit automatic.

1. Not Drinking Enough Water

Water accounts for 60 percent of your body so it's not too surprising that drinking water benefits your total body health. Staying hydrated helps to keep your memory sharp, your mood stable and your motivation intact.

Keeping up with your fluids helps your skin stay supple, helps your body cool down when it's hot, allows your muscles and joints to work better and helps clean toxins from your body via your kidneys.

So, how much water should you be drinking? According to the National Academy of Sciences, adult men need about 13 cups per day of fluid, and adult women need about 9. (You get about an additional 2 1/2 cups of fluid from foods.)

But because one size doesn't fit all, the best way to know if you're adequately hydrated is to monitor your urine color: If it's light yellow (the color of lemonade or straw), that means you're probably drinking enough.

2. Eating Late at Night

There are a couple of reasons to consider having dinner earlier. Researchers suspect that eating dinner later and close to bedtime changes how the food is digested, including how fat is processed. This could lead to weight gain, per a 2020 study in the *Journal of Clinical Endocrinology & Metabolism*.

Another reason is that you may sleep better. A 2020 study in the *International Journal of Environmental Research and Public Health* suggests that eating close to bedtime can disrupt sleep quality.

3. Not Getting Enough Exercise

Physical activity has so many benefits to our health that we can't name them all here (but we'll try). According to the Centers for Disease Control and Prevention (CDC),

exercise helps manage weight; improves brain health; strengthens bones, muscles, heart and lungs; helps you sleep better; improves mental health and reduces the risk of depression and anxiety; improves focus and judgment; improves ability to perform everyday activities; prevents falls; helps manage blood sugar; and reduces the risk of chronic disease.

According to a 2020 review in *Cold Springs Harbor Perspectives in Medicine*, exercise is associated with a longer life. This is because it delays the onset of at least 40 chronic diseases, including cardiovascular disease, type 2 diabetes.

The American College of Sports Medicine (ACSM) recommends that all healthy adults perform moderate exercise for at least 30 minutes five days a week or vigorous-intensity activity for at least 20 minutes three days a week. They also recommend muscle-strengthening activities at least twice a week.

It's important that you start where you're at and progressively increase the intensity and frequency of your exercise over time. One big mistake people make is going all out from the beginning and quickly burning out. Set big goals, but start small and work up to your bigger goals.

4. Skimping on Sleep

You know that falling short of sleep is a major no-no, but why—what's the big deal? According to the National Heart, Lung, and Blood Institute (NHLBI), not getting enough shut-eye can impact a whole slew of things. For starters, it can compromise your immune system, as well as your judgment and ability to make decisions—which can result in making mistakes or being injured.

Sleep deficiency is also linked to several chronic health problems, including heart disease, high blood pressure, kidney disease, diabetes, stroke, obesity and depression, per the NHLBI.

Being sleep-deprived may make it harder for you to lose weight if you're dieting—and more likely that you'll give in to that sweet temptation tomorrow.

While there is no magic number of hours to sleep (and the number changes with age), the NHLBI recommends 7 to 8 hours of sleep each night for adults. It's important to listen to your body and try to get the amount of sleep that your body needs to function at its best.



5. Eating Too Much Sodium

According to the CDC, 90% of Americans eat about 1,000 mg more sodium each day than we should. Restaurant foods and processed foods both tend to be very high in sodium. One of the easiest ways to cut your sodium intake is to cook at home using fresh ingredients. To trim your sodium intake even further, try boosting the flavor of food cooked at home with herbs and spices rather than salt.

6. Choosing Foods Because They "Sound Healthy"

More and more food labels are sporting health benefits on their labels. If such claims lure you in, know that just because a product lacks fat or gluten or carbs doesn't necessarily mean it's healthier. For example, fat-free products often deliver more sugar than their counterparts to make up for the flavor the product lacks from having the fat removed—and many full-fat options are the healthier choice.

Avoid being duped by a healthy-sounding label claim by comparing the Nutrition Facts panels and ingredient lists across brands of the same food category. It's worth stating that some of the healthiest foods at the grocery store don't have any packaging or branding—like fruits and vegetables.



7. Eating Lunch at Your Desk

It's all too easy to munch on your midday meal desk-side, but according to research published in *Appetite*, distracted eating was correlated to higher body weight. Researchers recommend shutting off devices and taking a break from work so that you can focus on what you're eating, enjoying your food and noticing when you're starting to feel full. Learn more about eating mindfully and how it can help you.

8. Cooking Everything in Olive Oil

Even though olive oil is packed with heart-healthy antioxidants (called polyphenols) and monounsaturated fats, there are times when it's not the best choice for cooking. Why? Because olive oil has a lower smoke point than some other oils (that's the point at which an oil literally begins to smoke and olive oil's is between 365° and 420°F).

When you heat olive oil to its smoke point, the beneficial compounds in the oil start to degrade, and potentially health-harming compounds form. So if you're cooking over high heat, skip it and choose a different oil.

When is olive oil a good idea? It's a great choice for making salad dressing or sautéing vegetables over medium heat.

9. Skipping Dessert

You may think you're doing a good thing by banishing sweet treats. But studies, like the 2022 review in *Einstein (Sao Paulo)* suggest that feeling deprived—even if you are consuming plenty of calories—can trigger overeating. And making any food off-limits just increases its allure.

So if it's something sweet you're craving, go for it. A small treat won't break your diet! Two squares of dark chocolate or ½ cup of ice cream clock in at under 150 calories.

10. Not Changing or Sanitizing Your Kitchen Sponge Frequently Enough

This might not be something you think about regularly, but your kitchen sponge can be a cesspool of bacteria, molds, and yeast, according to a 2020 study in *BMC Public Health*. And some of these microbes can make you sick. Add to that, if you're using the sponge to wipe down your sink, kitchen counter, stove and refrigerator shelves, you're providing the perfect transportation for cross-contamination.

It's important to disinfect your sponge every day by microwaving it wet for two minutes and replacing it frequently—at least every two weeks.

II. 6 Simple Habits To Keep Your Home Clean & Healthy

So you've been tackling your clutter and getting your home clean and more naturally healthy.

- But how do you *keep* your home clean and tidy?
- Do you have to resign yourself to major cleanups overtaking your weekends?
- Do you need to learn to live with the chaos coming back over and over?

No, you don't!

I've found that by establishing some simple daily habits, I can keep on top of the chaos and clutter and dirt so that cleaning takes half the time. Some of these I've learned from my Mom, and some just from experience in intentionally creating a naturally healthy, simple and decluttered home.

Quick daily cleaning habits to shave off hours every week:



1. Keep shoes at the door.

Do not wear shoes past the entryway. Period. Make it a rule in your home and ask guests to take their shoes off. They won't mind.

Just think about where the bottoms of your shoes have been and what you would be bringing into the house. Contain all the gross dirt and germs at the doorway, and you have less to clean throughout the rest of the house. *And* you only need to have one storage system for shoes.

Make sure to add enough shelving or cubbies or perhaps a big bin to store your shoes in at the entryway or in an entry closet. And keep a natural fiber rug at the doorway - one inside and one out. Outside the door have a rough sisal mat so that you can scuff off any major dirt from your shoes. Inside the door lay down another mat made of a natural material like seagrass or sisal.

This kind of material is not only non-toxic, but it hides dirt really well and soaks up winter slush. No need to continually mop the floor this way - simply shake it out outside or vacuum it up once a week. It's worth investing in one that covers the majority of your entryway flooring surface.

2. Put things away as you use them.

It's so much easier to pick things up as you go rather than wait and end up having to have a huge cleaning session all at once. Sometimes this is easier said than done, but it's something to strive for nonetheless. The key to making this work, of course, is to **ensure that everything has its own place**. Do that first if you haven't already.

Examples:



- Put toiletries & makeup away in their spot every morning after getting ready. Don't leave the hairdryer laying on the counter! (I have a metal basket on the floor beside my dresser for my hairdryer and styling iron).
- Throw dirty clothes in the hamper, not on the floor or on a chair. Hang hooks in your bedroom or bedroom closet for clothes you'll wear again before washing. It's super-easy to hang them on hooks instead of folding them up again or hanging them on hangers.
- Hang coats on hooks at the entryway. Have hooks inside a coat closet door to hang bags and purses.
- Put kitchen appliances back in their designated spot after use.
- Put mail in a basket that's SPECIFICALLY FOR MAIL and PAPERS to keep them contained.
- Take your laptop back to the desk when done using it elsewhere in the house.
- Put your phone & tablet back on its charging station when done.
- Fold blankets and throws back up and put them in their spot when done snuggling up on the couch. Hang them neatly over the arm of a chair or sofa, or keep them rolled up in a pretty basket on the floor.
- Put wet towels on a hook to dry and reuse - have a hook designated for everyone in the house.
- Put magazines and books back on shelves or in baskets when done.
- Put tools or junk back in the junk drawer or garage or tool caddy when done.

- Have a change bowl to collect change, sunglasses, etc. at the door.
- Have a bowl on a nightstand or dresser too, to keep lip balm, reading glasses, etc. contained.

I know many of you may be thinking that you can do this but you'll never get your spouse or kids to do it as well. Perhaps sit them down to explain why it's important, and implement a mandatory family weekend cleaning time that they will have to take part in. The more they leave around through the week, the longer the cleaning time on the weekend will be! Hopefully, they'll soon learn to create these good habits too.



3. Make the bed every morning.

I've posted more fully here on why it's important to make your bed every day. It not only keeps your home tidier but also reduces your stress level and promotes happiness. Take two minutes every morning and get in the habit of making your bed (or have your partner do it if they're the last one out!)

4. Wash the dishes every night, and put them away every morning.

Whether you hand wash and leave dishes to drip dry like me or you use the dishwasher, get in the habit of cleaning all dishes in the evening and putting them away in the morning. Waking up to clean dishes and coming home to a neat and clean kitchen after the workday will help you to relax.

Turn this chore into a meaningful habit by combining it with music, or meditating to a guided app, or repeating a positive mantra. And use a natural dish soap that appeals to the senses and smells amazing!

5. Wipe down your counters and table after each meal.

The simple act of wiping down your counters and table (with an all-natural disinfecting spray) will get you in the habit of keeping those surfaces clear of clutter and clean of dirt. Surfaces should be free and clear to prep and prepare and eat on - just doing this one thing will help you feel tidier and lighter all around.

6. Spend 10 minutes tidying up before bed.

Set the alarm on your phone to go at a designated time for a bedtime wind-down routine. Spend the first 10 minutes of it doing a scan of your home to pick up anything that needs put it in its place.

Do a quick sweep of the floors if needed, and spot-wipe any spills or dirty areas. Quickly wipe down bathroom sinks and counters with an all-natural disinfectant spray (keep a spray bottle right in the bathroom under the sink in a little bin or bucket, along with a couple of cleaning cloths).

Bonus: Do a declutter dash once/month

Some things will pile up naturally, like mail, magazines, books, empty food containers, and even socks that lose their match. Spend an hour once every month to go through these things and recycle, donate or toss what's not needed any longer. Go through the mail pile and do what's needed (ie. pay bills, mark appointments in your calendar, make any calls that are needed, etc.).

Keeping your home free from stuff you don't use and that doesn't give you joy will help you feel calm and in control. Join the free Declutter Dash challenge for tiny tasks to help you do this!

These little habits sound so simple that you wouldn't think they'd make much difference in the overall state of your home and your mental state, but I promise you they do! Developing these routines - that take only a few minutes - will make life sweeter and your house more comfortable and supportive for you and your family.

III. How to Clean: Tips for Keeping Your Home Healthy



Regular cleaning is an important part of keeping your home healthy. This includes preventing and mitigating bacteria, viruses, and other pests like moths, silverfish, and bedbugs that can do harm if left unchecked.

And regular cleaning is even more crucial during the COVID-19 pandemic. SARS-CoV-2, the virus that causes COVID-19, can live on some surfaces in your home for days.

Luckily, it's easy to get rid of the virus material from these surfaces with some basic disinfectants and cleaning procedures. Read on to learn about some common trouble spots around the house and solutions for keeping your living spaces safe and healthy.

How to clean a kitchen

Everyone gravitates to the kitchen. Part restaurant, part entertainment center, and part family room, it's ground zero for the most troublesome spots in the home. Practically every surface is a magnet for bacteria, viruses, germs, insects, and other pests.

Your kitchen can also be one of the most likely places you can transfer a virus, like SARS-CoV-2, into your household. A 2020 study found that this coronavirus can live for hours or days on many common kitchen surfaces:

- **copper:** 8 hours
- **cardboard:** 24 hours
- **stainless steel:** 48 hours
- **plastic:** 3 days

Here are some general tips for disinfecting your kitchen surfaces to prevent COVID-19:

- **Wash your hands with soap and water for 20 seconds** before you touch anything, especially if you've been outside or at work.
- **Sanitize your hands** with a 60 percent (or higher) alcohol sanitizer if soap and water aren't immediately available.
- **Regularly wipe down all kitchen surfaces**, including counters, tabletops, and any other surface you frequently touch, like stove or microwave buttons. Use an EPA-approved disinfectant if available.
- **Wash all dishes and silverware** before and after you use them.

Sponges and dish towels

A sponge can carry mold and thousands of germs and foodborne pathogens if it's not cleaned or stored properly. Things you can do to kill germs on a sponge include:

- placing the sponge in the dishwasher with a high temperature and the drying cycle on
- wetting it and putting it in the microwave for 1–2 minutes
- squeezing it out well after every use and keeping it in a place that allows it to air dry

Cloth dish towels can also harbor unhealthy microorganisms, even if they're only used for drying clean dishes. Wash them often with your machine temperature dial set to hot.

Cutting board

Never cut fruits or vegetables on the same cutting board you use to slice raw meat. Clean it with hot water and soap first.

Keeping veggies and raw meat separated will avoid cross-contamination and the possible spread of salmonella, *E. coli*, and other harmful bacteria.

It's a good idea to have two cutting boards: one for raw meat and one for fruits, vegetables, and everything else.

Countertops

Keep all surfaces cleaned and sanitized after you cook.

This extra step will help eliminate food bacteria such as *Campylobacter*, a common cause of diarrhea. This will also discourage insects from feasting on the leftovers left on the counter.

Household pests like cockroaches can carry a number of pathogens and can also trigger asthma and allergies in some people.

You can sanitize your countertops with bleach after wiping them down with soap and water. One teaspoon of chlorine bleach per quart of water will do the trick. This extra step will help kill any lingering pathogens.

Using bleach with chlorine will also help remove any virus material related to COVID-19. Ammonia will also work. Just **don't** use bleach and ammonia together, as they can combine to produce harmful chemicals.

Keep a lid on possible insect infestations by washing dishes and utensils immediately after eating, storing food in tightly sealed containers, and keeping trash in a container with a lid on it.

In the bedroom

Whether you share a bed with someone else or not, you're never alone in bed.

Dust, dust mites, and possibly pet dander keep you company all the time. These bed bugs add to poor air quality and can irritate the best of us, whether you're allergic or not allergic to them.

This is because dust mites produce waste and lay eggs. Add hair, dead skin, fungi, and pollen, and you get an allergen-filled combination that can pack a wallop to sensitive individuals.

Here are some tips to get rid of dust mites:

- Use zippered plastic mattress and pillow covers.
- Once a week, wash all bedding in hot water above 130°F to kill dust mites.
- Vacuum uncovered mattresses regularly.

In the bathroom

The bathroom is a relatively new thing. For thousands of years, people relied on outhouses and public baths, and for good reason — to keep pathogens and waste away from living quarters.

Today, we have the luxury of toilets and bathtubs, and pathogens can lurk where you wouldn't expect them.



Toilet handle

The toilet may be an easy mark for potential health dangers in the bathroom, but it's for a reason you might not expect.

Sure, you know to keep the bowl and the seat clean, but how often do you clean the flush handle? Rotavirus, enterococcus, and other nasty pests can live there.

Enterococcus can cause bacterial gastroenteritis. Rotavirus is the most common cause of diarrhea among children.

The new coronavirus can also survive on steel and plastic toilet handles for up to 3 days.

Keep the flush handle sanitized with a disinfectant that specifically lists fighting bacteria or viruses on the label. Sanitizing with a 60 percent alcohol solution can also help remove the virus particles of SARS-CoV-2.

Floor to ceiling

Mold can thrive in the bathroom and present a number of health problems, from watery, itchy eyes to asthma attacks.

Another danger lurking in your bathroom, and possibly throughout your house, is trichophyton.

This fungus causes ringworm and athlete's foot and can be passed from one person's foot to the next via flooring.

Here are some tips to clean mold and trichophyton:

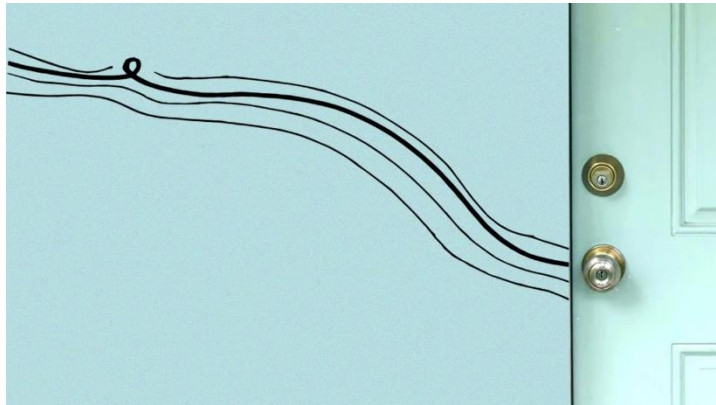
- **Use a disinfectant designed to kill mold and fungus** in the bathroom.
- **After bathing or showering, wipe down the tub or shower walls** and curtain with a towel or squeegee. Some shower curtains can even be thrown in the washing machine.

- **Throw soiled tissues away and empty the wastebasket daily.** Don't leave them lying around the room or on top of the counter.

Rhinovirus, the main cause of the common cold, spreads easily when people touch contaminated surfaces and then touch their eyes, nose, or mouth. This is true of COVID-19, too.

Rhinovirus and coronaviruses can live on surfaces for days, so clean your bathroom regularly.

Cleaning house



Doorknobs

They do more than allow you into your home or a room. These handles can carry staph, short for *Staphylococcus aureus*, a common bacterium.

While usually not a threat, staph can be harmful if it enters your mouth, eyes, cuts, or scrapes, and can cause a wide spectrum of problems.

The new coronavirus can also get on your doorknobs if you're regularly going to work or going out and then touching doorknobs before washing your hands.

A good swipe of the doorknob with an antibacterial cleaner or 60 percent alcohol solution will keep staph and other harmful microorganisms at bay.

Walls

If walls could talk, they would probably ask you to reconsider your paint choice — not the color but the type. Paints contain volatile organic compounds (VOCs), a huge source of indoor air pollution.

These chemicals, also found in upholstery, textiles, and other building materials, can cause a number of health-related issues. Of critical concern are paints in older homes that might contain lead.

The manufacturing of lead-based paint was banned in 1978. If your house was built after that, you're probably fine on this one. To reduce your exposure to these toxic vapors, choose low-VOC paints, milk paints, or whitewashes.

In older homes, check for the presence of lead by hiring a licensed risk assessor or by purchasing a lead home test kit at your local hardware store. If you discover lead in your home, inquire about lead removal products at the hardware store or hire an experienced specialist to remove it.

Dust

We sometimes think of household dust as dirt, but it's much more than that.

A 2016 review published in the Environmental Science & Technology journal shows how household dust resembles a "parking lot for chemicals" in your home.

Researchers have identified 45 potentially harmful chemicals in household dust to examine. According to the review, dust can contribute to a wide array of health problems, including:

- allergies
- asthma
- respiratory problems
- cancers and disorders of the reproductive and nervous systems

These effects can increase in the winter when we typically spend more time indoors.

Dust can amount to a toxic soup made up of chemicals from fragrances, cleaning products, personal care products, and even the building materials your house is made of.

- clean
- dry
- well-ventilated
- maintained
- free of pests
- free of contaminants

IV. 10 Most Common Cleaning Questions Answered By Experts

People usually have a lot of questions and doubts when it comes to house cleaning. There is so much information available over the internet on products, tools and methods.

However, all of them are not reliable. Following inappropriate products or methods make the cleaning process more difficult, and you also do not get the desired result. So, if you want to clean your home in the correct manner, you need the guidance of experts.

Many people prefer to hire professionals to clean their homes perfectly because they have expertise in cleaning all types of household surfaces. So, you can contact a company that offers the best vacate cleaning Perth. Such companies are highly recommended after end of lease agreement but are equally effective when you want to clean your home thoroughly. However, with the right knowledge and a bit of elbow grease, you can also clean your home perfectly.



Here are ten most common cleaning questions answered by experts.

1. How Often Should You Clean The House?

It is one of the most common cleaning questions people want to know about. Some prefer regular dusting while other opts for weekly cleaning. According to the experts, the frequency of cleaning the house depends on the condition. Different surfaces accumulate dust and dirt at different paces, so you should prepare a schedule. In the schedule, clean some spots daily, some weekly and the rest of the place monthly.

2. How Often Should You Vacuum The Carpets?

The carpets can quickly accumulate dirt, dust, pet hair, food particles, etc. So, if you want to keep them clean, it is advisable to vacuum them at least once or twice a week. However, if you have pets or kids, you should vacuum every alternate day. If you want to deep clean the carpets without causing any damage to them, contact trained vacate cleaners in Perth as they have expertise in removing dirt and stains from carpets.

3. How To Remove The Bad Smell From Your House?

People often use air fresheners to remove the bad smell in their house, but it is only a temporary solution. You need to find out the source of the smell and remove it. Moreover, you should improve the ventilation of places like the bathroom and kitchen that usually stinks. Also, use essential oils to wipe the household spots. It is one of the best tips to make your house or room smell nice.

4. Why Is It Important To Clean A Surface Before Disinfecting It?

Do you disinfect a spot without cleaning it properly? Then you are making a mistake! According to experts, you cannot eliminate germs and bacteria entirely if you haven't cleaned the spot.



So, before you disinfect the area, clean it thoroughly. If you hire a professional who offers budget vacate cleaning in Perth, you will see that the cleaners follow the same approach.

5. Why Is It Important To Follow A Checklist When Cleaning?

House cleaning is a stressful and overwhelming task, so everyone tries to complete it as quickly as possible. However, in doing so, people overlook many spots, so the house doesn't get the dusting it requires. Therefore, it is important to follow a checklist. The list ensures that you do not overlook a single spot and that your home gets a thorough cleaning.

6. How To Clean Windows Thoroughly?

To clean the windows properly, first remove the dust with a microfibre duster. After that, apply vinegar water solution to the glass and scrub with a sponge. Then rinse properly and wipe with a rubber squeegee. You should also clean the blinds and sills. Also, make sure that you thoroughly clean the window screens.

7. Why Should You Hire Professionals To Clean Your Home?

People often overlook the cleaning of the house due to various reasons. No matter what the reason is, you cannot afford to keep your home dirty because it will lead to various diseases. To get the best possible result without making efforts, hire certified vacate cleaners in Perth. They use modern tools and methods to ensure that every nook and corner of the property is clean.

8. How To Remove Grease Build-Up From Oven?

To clean over naturally and effectively, first, you should prepare a paste using baking soda and water. Then apply the paste inside the oven and leave it overnight. The next day, take a damp cloth and wipe the surface properly.

9. How To Remove Moulds From Your Walls?

You should clean the mould as soon as you notice it, and there are several ways to get rid of it. You can prepare a solution by mixing water and baking soda before spraying it on the spot. You also use a mixture of borax and water or essential oil and water. When using vinegar, apply it directly.



10. Is Natural Cleaning Agents As Effective As Store-Bought Cleaners?

Most people use costly products to clean their household surfaces, but they overlook the fact that most of the products have harmful chemicals. These toxic chemicals are one of the factors contribute to the pollution of the environment and lead to health complications. So, you should only use eco-friendly products because they are equally effective and completely safe.

Maintaining the cleanliness of the home doesn't have to be a challenging task. You just need to keep in mind the answer to the aforementioned questions. Knowing about the right products, tools and methods can be very helpful. To avoid the hassle of house cleaning and get the best possible result, contact professionals that offer reliable vacate cleaning in Perth. They can save a lot of time and energy.

CONCLUSION

A healthy home is a place that promotes wellbeing – both for people and the planet. It includes things like keeping the house clean and maintained, ventilated for air quality, contaminate-free, and a whole range of other things that benefit people and the planet.

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