



Healthy Home Challenge



CHALLENGE DESCRIPTION:

In our daily lives, we encounter numerous environmental hazards, from chemicals in household products to pollutants in the air. These can significantly impact our health and well-being. The Healthy Home Challenge is designed to help you identify and mitigate these risks within your home. By making simple yet effective changes, you can create a safer, cleaner living space for you and your family, ultimately improving your quality of life.

HOW DOES A CLEAN HOME IMPACT YOUR HEALTH?

- **Improved Indoor Air Quality:** Reducing pollutants in your home can help alleviate respiratory issues and allergies.
- **Better Health and Safety:** A healthier home environment supports overall well-being and reduces the risk of chronic conditions.
- **Enhanced Comfort:** By addressing common household hazards, you can create a more comfortable and enjoyable living space. Chronic Conditions: Prolonged exposure to lead can cause chronic conditions, including anemia, cognitive decline, and joint and muscle pain.

This challenge supports various aspects of health and well-being, such as:

- **Allergy and Asthma Relief:** Decreasing exposure to allergens like dust mites and mould can reduce symptoms.
- **Increased Safety:** Properly storing chemicals and ensuring smoke and CO detectors are functional can prevent accidents.
- **Environmental Impact:** Making eco-friendly choices contributes to a healthier planet

THE CHALLENGE

Every day, we are exposed to chemicals and pollutants in the air, water, soil, food, and products we use in our homes. This comprehensive guide will help you create a healthier living environment through a 60-day challenge, divided into sections focusing on different areas of your home. By following these tips and completing the daily tasks, you'll enhance the health and safety of your household. Let's get started!

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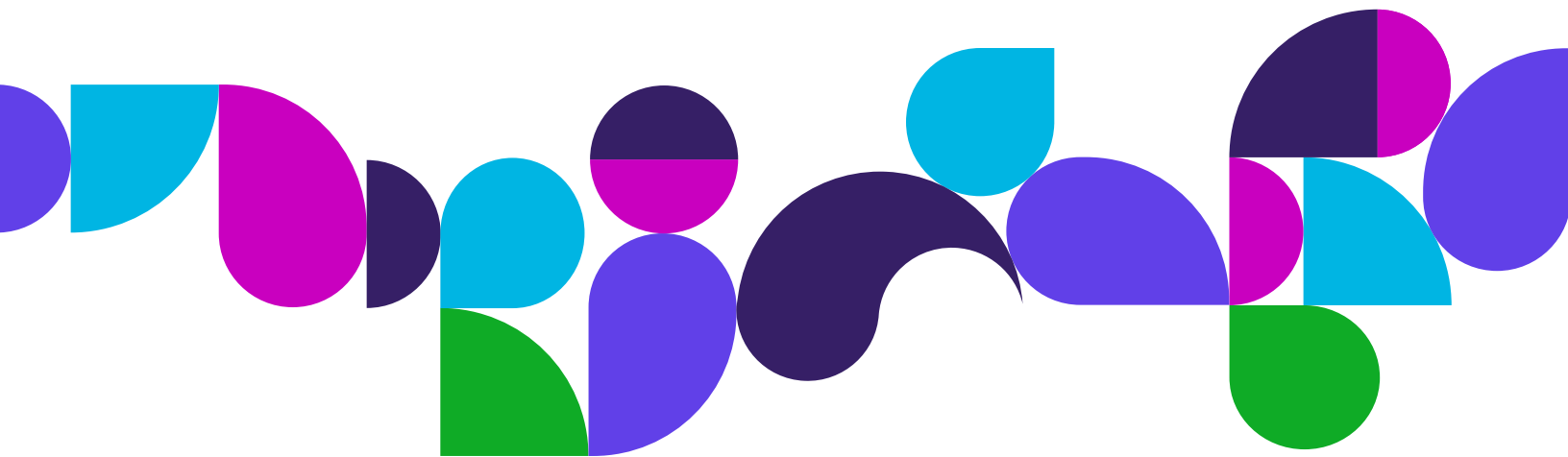
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IN THE HOME

Day 1: Remove Outdoor Footwear

Task: Establish a practice of removing shoes before entering your home. Place a shoe rack or storage area near the entrance to facilitate this habit.

Reason: Outdoor footwear can carry dirt, pesticides, and other contaminants into your home. Removing shoes helps reduce the amount of pollutants and allergens, such as pollen and dust, that enter your living space.

Additional Tips:

- Provide slippers or indoor shoes for guests.
- Regularly clean entry mats and shoe racks.

Day 2: Make Your Home Smoke-Free

Task: Implement a strict no-smoking policy within your home. Designate a smoking area outside if necessary.

Reason: Second-hand smoke is a significant indoor air pollutant that can lead to serious health issues, including lung cancer, heart disease, and respiratory illnesses. Protecting your home from tobacco and cannabis smoke is essential for the health of all household members.

Additional Tips:

- Use air purifiers to help reduce residual smoke particles.
- Encourage guests and household members to smoke outside and away from open windows and doors.

Day 3: Keep Dust and Dirt Away

Task: Regularly clean floors and surfaces using a wet cloth or mop. Vacuum carpets at least once a week, using a vacuum with a HEPA filter if possible.

Reason: Dust and dirt not only make your home look untidy but also carry allergens such as dust mites, pollen, and pet dander. Keeping surfaces clean helps minimize exposure to these allergens and reduces the risk of allergic reactions and asthma.

Additional Tips:

- Use doormats to reduce the amount of dirt brought into the home.
- Wash bedding and curtains regularly to reduce dust accumulation.

Day 4: Control Moisture Levels

Task: Monitor and maintain indoor humidity levels between 30% and 50%. Use a humidifier or dehumidifier as needed.

Reason: Proper humidity levels prevent the growth of mould and dust mites, both of which thrive in high humidity. Low humidity can lead to dry skin, respiratory issues, and discomfort.

Additional Tips:

- Use a hygrometer to monitor indoor humidity.
- Fix any leaks or sources of moisture promptly to prevent dampness.

Day 5: Prevent the Spread of Mould

Task: Inspect your home for signs of mould, such as discoloration, musty odors, or visible growth. Clean small mouldy areas with soap and water, and consider hiring professionals for larger infestations.

Reason: Mould exposure can cause a variety of health issues, including respiratory problems, allergic reactions, and aggravation of asthma. Preventing and controlling mould growth is crucial for maintaining a healthy indoor environment.

Additional Tips:

- Ensure good ventilation in moisture-prone areas like bathrooms and kitchens.
- Use mould-resistant products in areas with high humidity.

Day 6: Use Your Fireplace Safely

Task: Have your fireplace inspected and cleaned annually. Ensure proper ventilation and never use unapproved materials as fuel.

Reason: A poorly maintained fireplace can emit harmful pollutants, including carbon monoxide, which can be deadly. Proper use and maintenance of fireplaces and chimneys prevent these hazards.

Additional Tips:

- Install carbon monoxide detectors near sleeping areas.
- Keep flammable materials away from the fireplace.

Day 7: Reduce the Use of Candles and Incense

Task: Limit the use of candles and incense, particularly in enclosed spaces. Opt for natural alternatives like essential oil diffusers.

Reason: Burning candles and incense can release harmful particles and chemicals, including soot and VOCs, into the air. Reducing their use improves indoor air quality.

Additional Tips:

- Choose unscented or naturally scented candles made from beeswax or soy.
- Ensure good ventilation when using candles or incense.

Day 8: Ventilate Your Space

Task: Regularly open windows and use exhaust fans in bathrooms and kitchens to enhance ventilation.

Reason: Good ventilation helps remove indoor air pollutants, including VOCs, which can cause health issues such as headaches, respiratory problems, and eye irritation. It also reduces moisture levels, preventing mould growth.

Additional Tips:

- Use air purifiers with HEPA filters to further improve air quality.
- Avoid blocking air vents with furniture or decorations.

Day 9: Check for Lead Paint

Task: Test for lead-based paint if your home was built before 1991. Hire certified professionals for safe removal or encapsulation if lead is present.

Reason: Lead exposure can cause severe health issues, particularly in children, including developmental delays and cognitive impairment. Identifying and managing lead hazards is critical for a safe home environment.

Additional Tips:

- Do not disturb painted surfaces that may contain lead.
- Regularly clean floors and windowsills to reduce lead dust.

Day 10: Reduce Ozone in Your Home

Task: Avoid using air purifiers and other devices that produce ozone. Choose air cleaners that do not generate ozone.

Reason: Ozone, while useful in the upper atmosphere, can be harmful at ground level, causing respiratory issues and other health problems. Reducing indoor ozone levels is crucial for a healthy living space.

Additional Tips:

- Be cautious of products that claim to “purify” the air but produce ozone as a byproduct.
- Maintain good indoor air circulation to disperse any indoor pollutants.

KITCHEN

Day 11: Test for Lead in Your Drinking Water

Task: If you suspect lead in your plumbing, test your tap water. Use NSF-certified filters to reduce lead levels if necessary.

Reason: Lead in drinking water poses serious health risks, especially to children, affecting brain and nervous system development. Testing and mitigating lead exposure are essential steps for a safe kitchen.

Additional Tips:

- Flush water systems by running cold water for several minutes before use.
- Replace old plumbing materials with lead-free options.

Day 12: Use Your Range Hood When Cooking

Task: Always use the range hood or kitchen exhaust fan when cooking, especially when frying or grilling.

Reason: Cooking can release harmful pollutants such as nitrogen dioxide and fine particulate matter. Using a range hood helps remove these pollutants, improving air quality.

Additional Tips:

- Clean the range hood filters regularly.
- If you don't have a range hood, open windows and use fans to ventilate the kitchen.

Day 13: Safe Use of Gas Stoves

Task: Ensure your gas stove is properly installed and maintained. Regularly check for gas leaks and proper ventilation.

Reason: Gas stoves can emit pollutants like carbon monoxide and nitrogen dioxide. Proper use and maintenance help reduce the risk of exposure to these harmful gases.

Additional Tips:

- Use the back burners when possible, as they are closer to the exhaust fan.
- Install a carbon monoxide detector near the kitchen.

Day 14: Store Food Safely

Task: Store food in glass, stainless steel, or BPA-free plastic containers. Avoid using containers not labeled as food-safe.

Reason: Certain plastics can leach harmful chemicals into food, especially when heated. Using safe containers prevents chemical exposure.

Additional Tips:

- Do not reuse single-use plastics for food storage.
- Label and date stored foods to ensure freshness and safety.

Day 15: Use Microwave Safe Container

Task: Only use containers labeled as microwave-safe. Avoid heating food in styrofoam or other unsuitable materials.

Reason: Some materials can release harmful chemicals when microwaved. Using microwave-safe containers ensures safe food preparation.

Additional Tips:

- Remove any plastic wrap or packaging before microwaving.
- Cover food with microwave-safe lids or paper towels to prevent splatter.

Day 16: Safe Use of Gas Stoves

Task: Read and follow all instructions and warnings on household chemical products. Store them safely out of reach of children and pets.

Reason: Improper use of household chemicals can lead to poisoning, chemical burns, or respiratory issues. Safe handling and storage prevent accidents and exposures.

Additional Tips:

- Never mix household chemicals, as this can create dangerous reactions.
- Dispose of chemicals according to local regulations.

Day 17: Prevent Lead Exposure from Plumbing

Task: Run cold water for a few minutes before using it for drinking or cooking, especially in older homes. Consider replacing lead pipe.

Reason: This practice helps flush out any lead that may have leached into the water. Replacing lead pipes is a long-term solution to prevent exposure.

Additional Tips:

- Use cold water for drinking and cooking, as hot water can leach more lead from pipes.
- Regularly clean faucet aerators to remove any trapped particles.

Day 18: Wash Surfaces and Utensils Often

Task: Clean kitchen surfaces, cutting boards, and utensils with hot soapy water, especially after preparing raw meat.

Reason: Proper cleaning prevents cross-contamination and reduces the risk of foodborne illnesses.

Additional Tips:

- Use separate cutting boards for raw meats and other foods.
- Sanitize sponges and dishcloths regularly to prevent bacterial growth.

Day 19: Wash Fresh Fruits and Vegetables

Task: Rinse all fresh produce under running water. Use a brush for firm produce like melons and cucumbers.

Reason: Washing fruits and vegetables removes dirt, bacteria, and pesticide residues, ensuring safer consumption.

Additional Tips:

- Avoid using soap or bleach, as these can leave harmful residues.
- Dry produce with a clean cloth or paper towel to further reduce bacteria.

Day 20: Avoid Using Boric Acid in Crafts

Task: Refrain from using boric acid in homemade crafts such as slime or dough. Use safe, non-toxic alternatives.

Reason: Boric acid can be harmful if ingested or inhaled, particularly for children. Safe alternatives prevent accidental exposure.

Additional Tips:

- Always supervise children during craft activities.
- Store craft supplies out of reach of young children.

BATHROOM

Day 21: Vent the Bathroom

Task: Use an exhaust fan or open a window during and after showers to remove moisture and prevent mould growth.

Reason: Proper ventilation prevents excess humidity, which can lead to mould and mildew. Mould can cause health problems, including respiratory issues and allergies.

Additional Tips:

- Keep the bathroom door open after showering to allow air circulation.
- Clean and maintain bathroom fans regularly to ensure efficiency.

Day 22: Prevent Mould in the Bathroom

Task: Regularly clean bathroom surfaces, including tiles and grout, with a non-toxic cleaner. Seal any leaks promptly.

Reason: Mould thrives in damp environments. Keeping the bathroom clean and dry helps prevent mould growth and protects health.

Additional Tips:

- Use mould-resistant paint in bathrooms.
- Avoid leaving wet towels or clothes in the bathroom.

Day 23: Reduce Exposure to VOCs

Task: Minimize the use of aerosol sprays and scented products in the bathroom. Choose natural alternatives when possible.

Reason: VOCs from air fresheners and cleaning products can cause respiratory problems and other health issues. Reducing their use minimizes exposure.

Additional Tips:

- Use baking soda or vinegar as natural alternatives for cleaning.
- Opt for essential oil diffusers instead of chemical air fresheners.

Day 24: Safe Disposal of Medications

Task: Take expired or unused medications to a pharmacy for safe disposal. Do not flush them down the toilet.

Reason: Proper disposal prevents environmental contamination and reduces the risk of accidental ingestion by children or pets

Additional Tips:

- Keep medications in a secure, locked cabinet.
- Check with local authorities for drug take-back programs.

Day 25: Minimize Exposure to Talc

Task: Avoid using talc-based powders, especially near the genital area. Consider cornstarch-based alternative.

Reason: Talc can be harmful if inhaled and has been linked to certain cancers. Choosing safer alternatives reduces health risks.

Additional Tips:

- Read labels carefully to identify talc in products.
- Avoid aerosolized powders to reduce inhalation risk.

Day 26: Use Household Chemical Products Safely

Task: Always follow the manufacturer's instructions for use, storage, and disposal of household chemicals.

Reason: Incorrect use or mixing of chemicals can lead to dangerous reactions, poisoning, or environmental harm.

Additional Tips:

- Use the recommended amount of product to avoid unnecessary exposure.
- Store chemicals in their original containers with labels intact.

Day 27: Wash Your Hands

Task: Wash hands thoroughly with soap and water for at least 20 seconds, especially after using the bathroom or handling waste.

Reason: Proper hand hygiene prevents the spread of germs and reduces the risk of illness.

Additional Tips:

- Use warm water and a mild soap for effective hand washing.
- Dry hands with a clean towel or air dry.

Day 28: Dispose of Hazardous Waste Properly

Task: Take household hazardous waste, such as chemicals and electronic waste, to designated disposal facilities.

Reason: Proper disposal prevents environmental contamination and protects public health.

Additional Tips:

- Check local regulations for hazardous waste disposal guidelines.
- Do not dispose of hazardous materials in regular trash or down the drain.

Day 29: Check for Asbestos

Task: If your home was built before 1990, consider having it inspected for asbestos, especially before renovations.

Reason: Asbestos exposure can cause serious health problems, including cancer. Professional handling is essential to avoid releasing fibers into the air.

Additional Tips:

- Do not disturb materials that may contain asbestos.
- Use certified professionals for asbestos removal.

Day 30: Wash Your Hands

Task: Conduct a long-term radon test in your home to measure levels of this radioactive gas.

Reason: Radon is a leading cause of lung cancer in non-smokers. Testing and mitigation ensure a safe living environment.

Additional Tips:

- Place the radon detector in the lowest level of your home.
- Follow up with professional radon mitigation if high levels are detected.

BEDROOM

Day 31: Install Certified Smoke and Carbon Monoxide Alarms

Task: Install smoke and CO alarms with a Canadian certification mark (CSA, cUL, ULC, cETL) near bedrooms and on every floor.

Reason: Smoke and CO alarms are critical for early detection of fires and carbon monoxide, preventing injury and saving lives.

Additional Tips:

- Test alarms monthly and replace batteries as needed.
- Replace alarms according to the manufacturer's recommended timeline.

Day 32: Reduce Dust and Particulate Matter

Task: Use mattress and pillow covers to reduce dust mite exposure. Vacuum carpets and wash bedding weekly.

Reason: Dust and dust mites can cause allergies and worsen asthma. Regular cleaning reduces these allergens in your bedroom.

Additional Tips:

- Consider using an air purifier with a HEPA filter.
- Opt for hard flooring instead of carpets to reduce dust accumulation.

Day 33: Optimize Bedtime Environment

Task: Make your bedroom a sleep-friendly environment by keeping it cool, dark, and quiet.

Reason: A conducive sleep environment improves sleep quality, which is vital for overall health and well-being.

Additional Tips:

- Use blackout curtains or an eye mask to block light.
- Consider using a white noise machine to mask disruptive sound.

Day 34: Minimize EMF Exposure

Task: Reduce exposure to electromagnetic fields (EMFs) by keeping electronic devices away from your bed.

Reason: While the health effects of EMF exposure are still being studied, minimizing exposure is a precautionary measure for a better sleep environment.

Additional Tips:

- Turn off Wi-Fi routers at night if possible.
- Use wired connections instead of wireless when feasible.

Day 35: Choose Non-Toxic Bedding

Task: Select bedding made from natural, non-toxic materials such as organic cotton or bamboo.

Reason: Synthetic materials can off-gas harmful chemicals. Choosing natural bedding reduces exposure to these toxins and improves air quality.

Additional Tips:

- Wash new bedding before use to remove any chemical residues.
- Consider using hypoallergenic pillows and mattresses.

LAUNDRY ROOM

Day 36: Vent the Clothes Dryer

Task: Ensure your dryer vents to the outside and regularly clean the vent and lint trap.

Reason: Proper ventilation prevents moisture buildup and reduces the risk of mould growth. It also helps remove potentially harmful chemicals from laundry products.

Additional Tips:

- Avoid overloading the dryer to ensure efficient drying.
- Use a vent brush to clean out any lint buildup in the vent duct.

Day 37: Store Laundry Packets and Stain Remover Safely

Task: Keep laundry packets and stain removers out of reach of children and pets. Store them in their original packaging.

Reason: Laundry packets can be mistaken for candy due to their bright colors and small size. Proper storage prevents accidental ingestion, which can be dangerous.

Additional Tips:

- Educate family members about the dangers of household chemicals.
- Use childproof locks on cabinets where chemicals are stored.

Day 38: Use Eco-Friendly Laundry Detergents

Task: Switch to eco-friendly, non-toxic laundry detergents that are free from phosphates, chlorine, and artificial fragrances.

Reason: Eco-friendly detergents are less likely to cause skin irritation and do not contribute to water pollution.

Additional Tips:

- Use the recommended amount of detergent to avoid residue buildup.
- Consider making your own laundry detergent using natural ingredient.

Day 39: Avoid Fabric Softeners and Dryer Sheets

Task: Avoid using fabric softeners and dryer sheets, which can contain harmful chemicals. Use natural alternatives like wool dryer balls.

Reason: Fabric softeners and dryer sheets can release VOCs and other harmful chemicals into the air. Natural alternatives are safer and eco-friendly.

Additional Tips:

- Add a few drops of essential oil to dryer balls for a natural fragrance.
- Consider using vinegar as a natural fabric softener.

Day 40: Proper Disposal of Laundry Waste

Task: Dispose of used laundry detergent containers and other chemical containers according to local regulations.

Reason: Proper disposal prevents chemical residues from contaminating the environment and ensures the safety of waste management workers.

Additional Tips:

- Rinse out containers before disposal to remove any remaining product.
- Recycle containers if possible, following local recycling guidelines.

BASEMENT

Day 41: Maintain Furnace and Other Equipment

Task: Schedule regular maintenance for your furnace, water heater, and other HVAC equipment. Replace or clean filters as needed.

Reason: Proper maintenance ensures efficient operation and reduces the risk of carbon monoxide leaks. It also improves indoor air quality.

Additional Tips:

- Keep the area around HVAC equipment clear of clutter.
- Consider installing a programmable thermostat to optimize energy use.

Day 42: Reduce the Potential for Mould

Task: Use a dehumidifier in the basement to control humidity levels. Avoid storing items directly on the floor.

Reason: Basements are prone to high humidity and dampness, which can lead to mould growth. Controlling humidity prevents this issue.

Additional Tips:

- Use plastic bins with lids for storage to protect belongings from moisture.
- Regularly inspect the basement for signs of water damage.

Day 43: Prevent Water Damage

Task: Check your basement for leaks and repair any cracks in walls or floors. Ensure proper drainage around your home.

Reason: Water damage can lead to structural issues and mould growth. Preventing leaks protects your home and health.

Additional Tips:

- Install a sump pump to manage excess water.
- Consider waterproofing your basement for added protection.

Day 44: Proper Storage of Hazardous Materials

Task: Store hazardous materials such as paint, solvents, and pesticides in a secure, well-ventilated area. Use appropriate containers.

Reason: Proper storage prevents accidental spills and exposure to toxic fumes. It also reduces the risk of fire.

Additional Tips:

- Label all containers clearly and keep an inventory of hazardous materials.
- Follow local regulations for the disposal of hazardous material.

Day 45: Monitor for Pests

Task: Regularly inspect the basement for signs of pests such as rodents and insects. Use humane and eco-friendly pest control methods.

Reason: Pests can carry diseases and damage your home. Monitoring and controlling pests helps maintain a safe and healthy environment.

Additional Tips:

- Seal any cracks or openings that could allow pests entry.
- Store food and other attractants in sealed containers.

GARAGE

Day 46: Prevent Carbon Monoxide Poisoning

Task: Never idle your vehicle in the garage, even with the garage door open. Install carbon monoxide detectors in the garage and adjacent rooms.

Reason: Carbon monoxide is a colourless, odourless gas that can be deadly. Proper precautions prevent poisoning.

Additional Tips:

- Regularly check and replace the batteries in carbon monoxide detectors.
- Ensure proper ventilation if using gas-powered equipment in the garage.

Day 47: Store Household Chemical Products Safely

Task: Store household chemicals, including fuels and pesticides, in a locked cabinet or shed. Keep them in their original containers.

Reason: Proper storage prevents accidental exposure and reduces the risk of chemical reaction.

Additional Tips:

- Keep an emergency contact list for poison control and local authorities.
- Store chemicals away from heat sources and out of direct sunlight.

Day 48: Dispose of Household Chemical Products Safely

Task: Take unused or expired household chemicals to a hazardous waste disposal facility. Do not pour them down the drain or throw them in the trash.

Reason: Proper disposal prevents environmental contamination and protects water sources.

Additional Tips:

- Check local regulations for disposal events and facilities.
- Use up products completely before disposing of the containers.

Day 49: Keep Garage Organized and Clean

Task: Regularly declutter and clean the garage. Organize tools, equipment, and other items on shelves or in storage bins.

Reason: A clean and organized garage reduces the risk of accidents and makes it easier to find necessary items.

Additional Tips:

- Use labels to keep track of where items are stored.
- Sweep the garage floor regularly to remove dirt and debris.

Day 50: Inspect for Fire Hazards

Task: Check for potential fire hazards in the garage, such as flammable materials stored near heat sources. Keep a fire extinguisher accessible

Reason: Identifying and mitigating fire hazards prevents fires and ensures safety.

Additional Tips:

- Store flammable liquids in approved safety containers.
- Keep electrical outlets and cords in good condition.

OUTDOOR SPACE

Day 51: Prevent Leaks to Reduce the Potential for Mould

Task: Inspect your roof, foundation, and exterior walls for leaks. Repair any damage and ensure proper drainage away from the foundation.

Reason: Preventing water intrusion helps avoid mould growth and structural damage.

Additional Tips:

- Clean gutters regularly to prevent water buildup.
- Use weatherstripping around doors and windows to prevent water entry.

Day 52: Keep Your Chimney Clean

Task: Have your chimney inspected and cleaned annually by a professional. Check for blockages or damage.

Reason: A clean chimney prevents the buildup of soot and creosote, reducing the risk of chimney fires and carbon monoxide poisoning.

Additional Tips:

- Use a chimney cap to keep out debris and animals.
- Burn only seasoned wood to minimize creosote buildup.

Day 53: Store Chemical Products Safely

Task: Store pesticides, fertilizers, and other chemicals in a locked shed or storage cabinet, separate from your home's ventilation system.

Reason: Proper storage prevents chemical fumes from entering your home and protects children and pets from accidental exposure.

Additional Tips:

- Use weather-resistant storage solutions to protect chemicals from the elements.
- Label chemicals clearly and keep an inventory.

Day 54: Check the Air Quality Health Index (AQHI)

Task: Monitor the AQHI regularly, especially during wildfire season or high pollution days. Limit outdoor activities when air quality is poor.

Reason: Poor air quality can affect respiratory health, particularly in vulnerable populations such as children and the elderly.

Additional Tips:

- Use an air purifier indoors on days with poor outdoor air quality.
- Keep windows and doors closed during high pollution events.

Day 55: Use Insect Repellent Safely

Task: Apply insect repellent according to the label instructions. Choose products with DEET, picaridin, or other effective ingredients.

Reason: Insect repellents protect against bites from mosquitoes, ticks, and other insects that can carry diseases.

Additional Tips:

- Reapply repellent as needed, especially after swimming or sweating.
- Avoid applying repellent on cuts, wounds, or irritated skin.

Day 56: Use Pesticides Safely

Task: Follow all label instructions when using pesticides. Wear protective clothing and keep children and pets away from treated areas.

Reason: Pesticides can be harmful if misused. Proper use protects health and the environment.

Additional Tips:

- Consider integrated pest management (IPM) strategies to reduce pesticide use.
- Store pesticides in their original containers with labels intact.

Day 57: Maintain Outdoor Equipment

Task: Regularly inspect and maintain outdoor equipment, such as lawnmowers, grills, and outdoor heaters. Replace any worn or damaged parts.

Reason: Proper maintenance ensures safe operation and extends the lifespan of equipment.

Additional Tips:

- Follow the manufacturer's instructions for maintenance and repairs.
- Store equipment in a dry, sheltered location when not in use.

Day 58: Create a Healthy Outdoor Living Space

Task: Design your outdoor space with health in mind. Include shaded areas, comfortable seating, and non-toxic plants.

Reason: A well-designed outdoor space encourages outdoor activities and provides a relaxing environment, contributing to overall well-being.

Additional Tips:

- Use natural materials and eco-friendly products in your outdoor space.
- Install pathways to prevent soil erosion and reduce dirt tracking into the home.

Day 59: Promote Biodiversity in Your Yard

Task: Plant a variety of native plants to attract beneficial insects and wildlife. Avoid using pesticides and herbicides.

Reason: Promoting biodiversity supports a healthy ecosystem and can help control pests naturally.

Additional Tips:

- Create habitats for pollinators by planting flowering plants and providing water sources.
- Leave some areas of your yard wild to support local wildlife.

Day 60: Practice Safe Sun Exposure

Task: Use sunscreen with at least SPF 30 when spending time outdoors. Wear protective clothing and seek shade during peak sun hours.

Reason: Protecting your skin from UV radiation reduces the risk of skin cancer and sunburn.

Additional Tips:

- Reapply sunscreen every two hours, or more often if swimming or sweating.
- Wear a wide-brimmed hat and sunglasses for additional protection.

CHALLENGE COMPLETE!

Congratulations on completing the Healthy Home Challenge! By following these steps, you've taken significant strides in creating a safer, healthier home environment. Maintaining these practices will help ensure the well-being of you and your family for years to come.

Remember, a healthy home is an ongoing commitment. Continue to stay informed about best practices for home health and safety and make adjustments as needed. Whether it's regular maintenance, choosing non-toxic products, or being mindful of indoor and outdoor air quality, every effort counts towards a healthier, more sustainable lifestyle.

Thank you for participating in this journey towards a healthier home. Enjoy the benefits of a cleaner, safer, and more comfortable living space!

Resources: For more resources and information, visit the [Healthy Home Guide](#).



Congratulations on completing the **Healthy Home** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

