Spring Cleaning. Calorie Burning.

Laundry: 73
Dusting: 85
Mopping the Floor: 153
Washing the Car: 153
Weeding the Lawn: 153
Gardening: 184
Rearranging Furniture: 225
Ironing: 77
Watering Lawn: 54
Painting: 161

(Recalculate based on 150 lb person per 30 minutes, more calories burned if weigh more, fewer calories burned if weigh less)

Allergy Sufferers’ Survival Guide

> Wash your hair before bed to avoid transferring allergens to your pillow
> Try to stay inside on warm, windy, dry days and before 12pm, when plants pollinate the most
> Wash the dog’s or cat’s paws before letting in
> Take off shoes at the door and change clothes
> Do not line dry clothing
> Opt for AC rather than fans
> Eat foods high in Vitamin C, such as oranges and kale

Deciphering the Organic World

100% Organic: Product has to contain 100 percent organic ingredients
Organic: Product contains at least 95% organic ingredients
Made with Organic Ingredients: Product contains at least 70% organic ingredients
Free-range/roaming: animals spend some time outside
Natural or All Natural: doesn’t equal organic, vague terminology

WORTH buying organic: apples, cherries, grapes, nectarines, peaches, pears, raspberries, strawberries, bell peppers, celery, potatoes, and spinach as their counterparts are filled with pesticides.
MAYBE WORTH buying organic: milk, poultry, and beef to avoid growth hormones and antibiotics.

Visit www.hooswell.com for your health.