



## ***Checklist for a Healthy Home:*** **Energy Conservation**

Your health and well-being can be highly influenced by our surrounding environment, which creates all the more reason to strive for a healthy environment. Big improvements come in small steps – You can start improving yourself and/or your family’s lives today by taking steps to create a healthy home environment.

Take the steps towards creating a healthy home environment by beginning with the checklist below, helping to conserve energy in your home.

**Turn down the thermostat.**

Go green with energy conservation to save some green! Did you know that by turning down your thermostat and using ceiling fans in the summer and in the winter by reversing the blades can lower your energy bills by up to four percent? Try it to conserve energy while keeping some cash in your pocket. Additional solutions can be as simple as sealing the cracks and openings around your windows, and changing the filter on your AC/Furnace per the manufacturer’s specifications.

**Change your air filter regularly.**

A dirty air filter can slow down air flow and make your heating and cooling system work harder to heat and cool your home, wasting energy and potentially causing build up that can lead to expensive maintenance and early system failure. It’s best to check your filter every month, especially during months of heavy usage (winter and summer). At a minimum, change the air filter every 3 months. If the filter looks dirty, change it.

**Seal it up!**

Seal cracks and seal your heating and cooling ducts. Try starting with the ducts that run through the attic, crawlspaces, basement, and garage. Sealing and insulating can improve the efficiency of your heating and cooling system by up to 20%, ultimately saving energy.

**Close the doors to empty rooms.**

Simply closing the doors to rooms that you do not really use can reduce the amount of area and space that your heating and cool system has to use energy to heat and cool. So shut the door to the basement, close the door to that empty nest, and conserve energy!

**Turn off lights and electronics when not in use.**

You can conserve energy just by doing simple things to save electricity. Turn off lights when you are not in the room. Shut off the television, radio, and other electronics when not in use. You’ll find that these simple things can save a lot of energy in your home.

**Choose appliances with the best Energy Star ratings.**

In the market to buy new appliances or just replace your old ones? Look into buying appliances that have the best Energy Star ratings, which will allow for optimum energy efficiency.

Sources:

NaturalHealthLifestyles. “Five Easy Tips for Creating Healthy Home.” <http://www.naturalhealthlifestyles.com/healthy-home-tips.html>  
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