

Making Life Better

Start Breathing Clean

(NAPSA)—A new year, whether the one on the calendar or a more personal milestone, is a good time to give your health and well-being a new start, too. Here are three hints on how:

1. **Be active**—but don't set too high a goal. Just walking for 30 minutes a day, even in 10-minute increments, can make a difference.

2. **Eat right.** Go for more fruits and vegetables; fewer sugary drinks, red meats and high-fat, processed foods.

A screenshot of the NADCA (The HVAC Inspection, Cleaning and Restoration Association) website. The page features a dark blue header with the NADCA logo and navigation links. A central white box titled "Find a NADCA Professional" contains a search form with fields for "Name/Zip Code", "Country", "ZIP", and "State". Below the form is a red "SEARCH" button. The background of the website shows various sections like "Why Hire a NADCA Professional?" and "Member Standards".

For a healthy start for you and your home, have your HVAC system air ducts cleaned by a professional.

3. **Reduce indoor pollution.** Get your HVAC system cleaned by a NADCA professional. In most homes, people generate a great deal of contaminants and air pollutants, such as dander, dust and chemicals. These are pulled into the HVAC system and build up in the ductwork. NADCA sets the industry standard for HVAC system cleaning and its members must have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, comply with a Code of Ethics and acquire continuing education credits.

Learn More

For further facts and tips and to find a nearby NADCA member, go to www.nadca.com. For a free Homeowner's Guide to air duct cleaning, visit https://nadca.com/sites/default/files/docs/2017/nadca_homeowners_guide_print_version.pdf.