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# Hints For The Home

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## How to Lose 40 Pounds...Around Your House

(NAPSA)—The average American home collects up to 40 pounds of dust each year. That extra weight's not just unsightly—an ounce of dust can house 42,000 mites with as many as 15 different species. In fact, after two years, 10 percent of the weight of a pillow is dead dust mites, and a 9'x12' carpet can collect an average of about 10 pounds of dust per year. But the good news is the average person can burn up to 300 calories from general housekeeping, so check out the tips below and keep yourself and your house lean and clean!

How to avoid dirt and dust in your home (and work off those extra calories):

- Use window blinds that can be wiped clean rather than curtains that have to be dry-cleaned.
- Wash your bedding in hot water, at least 130 degrees to rid them of any mites.
- Try to keep the humidity level below 60 percent. Don't use humidifiers.
- Remove unnecessary objects from walls and ceilings.
- Minimize the number of stuffed animals and store items that can't be washed in the toy chest.



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**Put your home on a diet by getting rid of pounds of unsightly dust that can accumulate.**

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- Remove carpeting wherever possible to minimize dust collection.
- Dust each room weekly. Try Swiffer Dusters® to quickly and easily remove dust.

Used mop heads are nesting areas for germs and bacteria that can spread onto the floor. Try using a product that combines disposable pads and an antimicrobial solution, such as the Swiffer® WetJet®.

Swiffer products help you quickly and easily get rid of everyday dirt and dust. They are available in the household cleaning aisle. For more information, visit the Web site [www.swiffer.com](http://www.swiffer.com).