

79 WORDS, 30 SECONDS

## HEALTHY LIVING

POOR QUALITY INDOOR AIR, THE E-P-A REPORTS, CAN INCREASE THE RISK OF ASTHMA, RESPIRATORY PROBLEMS, CANCER AND HEART DISEASE—BUT YOU DON'T HAVE TO PUT UP WITH IT. HERE'S HOW TO IMPROVE YOUR INDOOR AIR: CHANGE AIR FILTERS MONTHLY. THEY TRAP POLLUTANTS. DUST AND VACUUM REGULARLY. HAVE YOUR AIR DUCTS PROFESSIONALLY CLEANED. CONTAMINANTS GET PULLED INTO THE H-V-A-C SYSTEM, MAKE IT WORK HARDER, AND INCREASE YOUR ELECTRIC BILL. TO FIND A NATIONAL AIR DUCT CLEANING ASSOCIATION-CERTIFIED PROFESSIONAL, VISIT [BREATHING-CLEAN--DOT--COM](http://BREATHING-CLEAN--DOT--COM).