

## Advice From A Lawn Care Expert

(NAPSA)—**Question:** We just bought our first house and have a small lawn. We've read a lot about reel, push-type mowers recently, and think this might be a good choice for us. Can you give us more information?

**Answer:** You've probably read a lot about reel mowers lately because reel, push-type lawn mowers—the kind your grandfather used—have made a comeback, and today's models, unlike reel mowers of the past, are lightweight and easy to push. A survey by American Lawn Mower Company, the leading manufacturer of reel mowers, reveals a variety of reasons people choose a reel mower including the superior cut, lower price, environmental concerns, ease of maintenance, exercise benefits, and the mowers are safer to use. There are also some people who purchase a reel mower simply for the nostalgia of using a tool from the past. With all of these benefits, a reel mower would be a good choice for you.

**Question:** The previous owners of our house didn't take very good care of the grass, and our lawn needs a lot of work. We're considering making the investment, and wondered what the benefits of having a healthy lawn are?

**Answer:** A healthy lawn is more than just pleasing to the eye. Lawns cool our neighborhoods, prevent soil erosion and noise pollution, filter the air and replenish our oxygen supply. A well-maintained lawn just 50-feet by 50-feet releases enough oxygen to meet the needs of a family of four. Lush green lawns can also protect homes from the spread of wildfire, as they did in 1991 in Northern California. In general, it's estimated that a



well-maintained landscape can add up to 15 percent to a home's value. As you can see, there are some pretty good reasons for wanting a nice green lawn.

**Question:** As a working single mom, I don't have much time to exercise and need to make the most of the activities I already do. I heard mowing the lawn is good exercise. Is that true?

**Answer:** Mowing the lawn can be good exercise, particularly if you use a reel, push-type lawn mower which burns as many calories per hour as tennis, downhill skiing and low impact aerobics. On average, a 150-pound person will burn 400-500 calories mowing the lawn with a reel mower.

For more information about lawn care or reel mowers, call American Lawn Mower Co./Great States Corp. at 1-800-633-1501 or visit the company's website at [www.reelin.com](http://www.reelin.com).