

HINTS FOR HOMEOWNERS

Get A (Green) Life!: 10 Tips For Eco-Friendly Living At Home

(NAPSA)—With increasing concerns about rising energy costs and growing awareness about climate change spurred by green moments in time, such as “An Inconvenient Truth” and the Live Earth concert, more and more Americans want to live a more eco-friendly lifestyle these days. Yet, not everyone knows where to start and how they can make a positive impact.

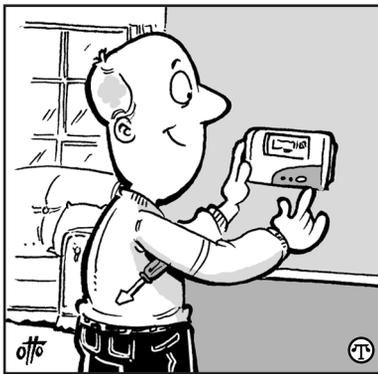
Jennifer Hammons, a certified indoor environmentalist with Lennox Industries—a leading provider of energy-efficient home comfort solutions—believes consumers should start at home, where they can easily begin to incorporate an eco-friendly routine into their daily lives.

“Consumers are hearing more and more about the importance of conserving the Earth’s natural resources and want to become part of the solution,” said Hammons. “There are a number of ways in which consumers can get a green life—from improving your home’s energy efficiency to decorating with environmentally friendly furnishings to using nontoxic household products.”

To help consumers embark on the path to a greener lifestyle, Hammons recommends they start by focusing their efforts on making their home more energy efficient and by reducing indoor air pollution. She offers the following tips for getting a green life:

Improving Your Home’s Energy Efficiency

- **Tip No. 1:** Schedule an annual routine checkup for your heating and cooling equipment to keep the system running as efficiently as possible, and check the air filter each month to see if it



Go Green!—Installing a programmable thermostat can help save energy and money.

needs to be replaced.

- **Tip No. 2:** Seal cracks around windows and doors with caulk or weather stripping to prevent conditioned air from escaping.

- **Tip No. 3:** Install a programmable thermostat to adjust the temperature at certain times of the day, automatically regulating the temperature when you’re away.

- **Tip No. 4:** Consider replacing an air conditioner that is more than 15 years old with a newer, more efficient model, such as the Dave Lennox Signature® Collection XC21 Air Conditioner, which is ENERGY STAR® qualified and may reduce annual energy bills by hundreds of dollars, compared to a standard air conditioner.

- **Tip No. 5:** Add extra insulation to the attic, which will help prevent your home’s heating and cooling system from having to work harder to regulate the indoor temperature.

Reducing Indoor Air Pollution

- **Tip No. 6:** Request an independent indoor air quality test for

your home from a qualified home heating and cooling professional to identify potential sources of indoor pollution and other contaminants, such as chemical vapors, and airborne particles like pollen, dust and pet dander.

- **Tip No. 7:** Store common household chemicals and cleaning supplies in a tightly sealed container or outside of the home to reduce harmful vapors from spreading into the air you breathe.

- **Tip No. 8:** Avoid burning incense and candles with lead-core wicks, which can release contaminants and potentially harmful chemicals into the air.

- **Tip No. 9:** Decrease dust and dirt in the home by cleaning with nontoxic, natural household cleaners, such as baking soda, cornstarch or white vinegar, and using a vacuum cleaner with a high-efficiency particulate air (HEPA) filter, which will trap small particles like dust that others recirculate back into the air.

- **Tip No. 10:** Consider using a whole-home air purification system, such as the Lennox PureAir system or Healthy Climate 16 media filter, which is installed into your home’s heating and cooling ductwork. These systems are much more effective at eliminating airborne contaminants than portable room air cleaners and don’t produce ozone, which is a known lung irritant.

For more tips and advice for going green at home, Hammons recommends consumers check out online resources, such as Lennox.com, ItPaysToLiveSmart.com, and GetAGreenLifeSweepstakes.com.