

W.O.W.

WAC ON WELLNESS

SPRING CLEANING

When you hear the phrase “Spring Cleaning” you probably think of de-cluttering and cleaning your house from top to bottom! While that is definitely one kind of spring cleaning you can do, you can also spring clean your body and your lifestyle. Perhaps you have been thinking about making some changes to your eating and leaning toward eating “clean” or trying to get rid of some toxic substances in your house and replacing them with non-toxic ones or maybe this is the year you stop using plastic bags from the grocery store. Those are all examples of different ways you can spring clean your way to better health. Changing your lifestyle takes time! You definitely don’t want to make all these changes in one day, but perhaps adapting some of these changes little by little can help you and your family live a healthy and “cleaner” life!

SPRING CLEANING YOUR DIET - TRY SWAPPING OUT SOME OF THE LESS NUTRIENT DENSE FOODS FOR MORE NUTRIENT DENSE FOODS!

•INSTEAD OF THIS —TRY THIS:

Pasta—Spaghetti Squash
 Sour Cream—Nonfat plain Greek Yogurt
 White Rice—Brown Rice, Cauliflower Rice or Quinoa
 Canola Oil—Avocado or Coconut Oil
 Flour Tortillas—Sprouted Grain Wraps or Lettuce Leaves
 Mayo—Mashed Avocado
 White Sugar—Coconut Sugar, honey or maple syrup
 White potatoes—Sweet Potatoes
 Milk Chocolate—70% or greater Dark Chocolate

SPRING CLEANING YOUR KITCHEN - TRY REPLACING SOME OF THESE COMMON KITCHEN TOOLS FOR LESS TOXIC OR GREENER OPTIONS:

•INSTEAD OF THIS —TRY THIS:

Teflon Cookware—Cast Iron, Ceramic or Stainless Steel Cookware
 Paper Towels—Microfiber cleaning cloths
 Plastic food storage—glass or silicone food storage
 Store bought plastic water bottles—kitchen water filter and reusable stainless steel or glass bottles

SPRING CLEANING YOUR CLEANING PRODUCTS:

The federal government does not require cleaning product manufacturers to disclose their ingredients to the public. Often you can’t know what’s in the bottle! These are products that you spray, wipe and scrub with all over your home, in places where you and your family live and sleep everyday. If you’re in a home where these products are used, potentially dangerous chemicals can make their way into your body – through breathing, through the skin, and hand-to-eye or hand-to-mouth contact. This can lead to a variety of health problems and a very toxic environment. To find the best rated and least toxic cleaning products visit www.ewg.org or try some of these easy swaps.

•INSTEAD OF THIS —TRY THIS:

Antibacterial soap—castille soap diluted with water in a 1:2 ratio (mix and use in a foam pump)
 Air fresheners—try simmering citrus peels, vanilla or cinnamon sticks in half a pot of water for an hour over low heat or try using an essential oil diffuser.
 Fabric Softeners—Dryer balls
 Antibacterial cleaners—vinegar and water or microfiber cloths with castille soap and water.



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