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Fresh Reasons To Take A Beneficial Stroll!

Fall is a wonderful time of year to begin a walking habit. Not only can regular walks strengthen muscles that support joints, ease stiffness and reduce pain, taking a walk after you eat helps your body use glucose more efficiently and you can prevent a blood sugar spike. Also a regular evening stroll can help insomniacs sleep and can ease depression and anxiety.

Here are some more motivations for getting out and about!

Number 1 – The Family Time Walk

You can talk, laugh, debate and sometimes just hold hands. All are healthy. So is engaging in outdoor activities together. Studies have found that a 20 minute walk can calm your overactive brain and restore your attention span.

Number 2 – The Tree Hugger Walk

Researchers sent a group of walkers into a forest and another group into a city for an hour. Afterwards the forest walkers had improved heart and lung function. The city walkers did not. The message? Nature walks can be healing.



Number 3 – The Memory Booster Walk

Making walking a habit can preserve your memory. Researchers following up on 300 older adults after 13 years found that those who had walked six to nine miles a week lowered their risk of memory problems by 50% .

Number 4 – The Meditation Masters Walk

Meditation can actually be done when walking. Numerous studies confirm meditation's ability to ease high blood pressure, digestive challenges, anxiety, depression and insomnia.



Number 5 – Philosophy Walk

Walking is great for deep thoughts but it provides other brain perks also. Adults who walked for 40 minutes 3 times a week showed age related declines in brain function and improved their performance on cognitive tasks.



(AARP Magazine)

Supercharged Super Food!

The cost of eating healthy is only about \$1.50 more per day, than for a diet of processed and less nourishing foods, say researchers after comparing 27 different studies.

Inexpensive healthy foods include; bananas, beans, lentils, cabbage, canned salmon, carrots, green or black tea, oatmeal, peanut butter and sweet potatoes.



Another Reason to Keep a Home Clean

In case you need another reason to reinforce the importance of a clean home!!

A study by a Brigham Young University professor has found that "people are unconsciously fairer and more generous when they are in clean smelling environments. The research found a dramatic improvement in ethical behavior with just a few spritzes of citrus scented Windex".

(reported in The Christian Science Monitor)



Who knew that a clean home is not ONLY a healthy home, but a home that the civility of our species depends on?! And think what we could do with this knowledge – if all new

cars came with an automatic fragrance dispenser wouldn't that mean the end of road rage? And hiring a cleaning service could not possibly be considered a luxury, but would be a person's moral duty! Something to think about!!



You can buy gift certificates on our website.

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Recycle Your Clothes and Make Money!

Rather than donate or toss your old clothes, sell them through Tradesy (for women's designer goods) or The RealReal. They do the selling, you collect the not – insignificant check!



3 Tips to Get The Most Out of Your Dryer

- 1) Using the permanent press medium heat cycle is a proven wrinkle curber. Don't pack clothes in. They need to float freely or they will wrinkle.
- 2) Don't wait for the dryer to ding. You can skip ironing by taking clothes out of the dryer 10 minutes before the cycle is done when they're slightly damp. Give them a good shake and hang them up, pressing them with your hands.
- 3) Clean the machine! Even though you empty the lint filter after each use, lint built-up can clog the duct overtime and become a fire hazard. If it takes more than an hour to dry a load, then you definitely have a clogged dryer. Once a year detach the hose from the back of the dryer and snake a long brush through it to push out lint. Also, scrub the lint filter once a year with a small toothbrush and a bit of detergent, rinse, then air-dry. **OR call Jerry Jenkins at 678-492-8311** and he will come out and do it for a very reasonable price. He does our office dryer every few months for us, and any other appliance repairs that are needed.



REMINDER

HELP!!

Please try to always give us at least 24 hours' notice for a cancellation! When we get last minute cancellations it's too late to get anyone else to fill your reserved slot and if more than one customer does this in a day, the housecleaner is out of the income they were counting on for that day, and may even have to go back home. Cleaning is not like other jobs where a "walk in" client can possibly fill a cancelled position and save the employee from losing their salary for the day. As it says in your service agreement, we will have to charge you half of your cleaning rate for less than 24 hours notice. The cleaners work hard and we have to be fair to them, so thank you so much for your consideration.

*We've revamped our website!
Please visit it, check it out!
We would love to hear your feedback.
You can even book an online cleaning.*



Thank You for Your Business - We Very Much Appreciate You!!!!!!

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