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Unhealthy Home Leads to Unhealthy Lifestyle - 5 Easy Resolutions You Can Keep For the New Year

It's that time of the year when creating New Years resolutions top the to-do list. Instead of starting with getting healthy, managing money, and getting organized, why not start with something that could be the foundation of all the broken resolutions throughout the year – your home. Believe it or not, an unhealthy home can lead to an unhealthy lifestyle.

Gary Newcom, president of **Bast Floors & Staircases**, a family owned and operated business servicing the state of Florida, says a healthier home starts with the floors. “By caring for your floors properly, it could lead to less illness and allergies, encourage you to take better care of other things in your home, and help you save money by preventing flooring disasters in the future.”

There are five easy flooring resolutions everyone should consider for the new year:

1. **Throw out your mops, brooms, and other cleaning supplies.**

You should always replace your cleaning supplies at least yearly to keep down the dust and dirt left inside your mop, broom, or cloth from a year of cleaning. Newcom says to take it one step further and replace these supplies so that you have one cleaning tool for each type of floor in your home. “Believe it or not, you could be damaging your floors if you are using the same mop for the different flooring surfaces in your home,” says Newcom. You should have a mop for each type of cleaner you use. No matter how much you may rinse a mop, it retains residue from the other cleaners, which can damage surfaces for which it is not intended.

2. **Throw out those Doorway Rugs**

If your doormats have been around for a year, it's time to say goodbye. The purpose of these mats is to keep the dirt out of the house. “Doorway mats stop collecting dirt after a year of wear and tear – even if they are shaken out regularly,” says Newcom. Protect your floor and your family and purchase a new one. If it's a fabric material, taking it to a professional cleaner may bring it back to life.

3. Rearrange your Furniture

Not only will rearranging your furniture give you a sense of a new space and may help energize you to de-clutter your home, but if you have wood floors, rearranging your furniture is actually healthy for the wood. "Because wood is a natural product, it absorbs sunlight," says Newcom. Some species of wood, like Brazilian Cherry, are photosensitive. This means they age and color differently when exposed to sunlight. Most floors darken and enhance in color as they absorb light. When you rearrange your furniture, you're allowing the areas of flooring once shaded to be exposed to sunlight and catch up in color to the other areas of your floor.

4. Protect your Floors

By protecting your floors year round, you'll save money by preventing expensive disasters that may happen if left unattended. If you have a tile floor, consider recoloring and resealing your grout. It's an easy fix and can bring your tile back to life. Due to its porosity, natural stone floors are susceptible to staining. Sealers reduce the likelihood of easy staining and help protect your natural stone.

If you have wood floors and they've lost shine or luster, recoat them. This will also help stay on top of cracks or scratches. It's a process that is similar to cleaning your carpets and can typically be completed in one day to provide protection for a year or more.

5. Keep Your Staircases In Shape

When was the last time you took a good look at your staircase? Chances are, if you look closely enough, you'll find loose balusters, chipped paint, and they may squeak a bit. Just like your floors, taking good care of your staircase is important. Newcom suggests making an appointment with someone who specializes in staircases, like the professionals at Bast Floors, for a yearly check up. "It's important to catch any problems with a staircase as soon as possible," says Newcom. "A small squeak may seem like nothing on the outside, but if not fixed now it could be a bigger problem in a few years."

Taking care of your floors is the first step to a healthy lifestyle. If you're worried you may not keep these New Year's Resolutions past February, start small. Don't set yourself up for failure. By tackling each resolution one at a time, you'll feel a sense of accomplishment along the way and avoid becoming overwhelmed. Plus, you'll have a healthier home, a healthier lifestyle and you may just find yourself setting other goals to improve the world around you!

About Bast Floors & Staircases

The Bast family name has been in industry since 1918, and in 1987 they brought their expertise to Tampa. Having worked for some of the area's most high profile people and facilities, Bast is known as a leader in Tampa Bay's flooring industry. The company's showroom is one of the largest in the area dedicated to hardwood, natural stone and tile, and custom staircases. Services include the design and installation of custom staircases; installation, repair, and restoration of hardwood, natural stone and tile floors, as well as natural stone and tile walls and showers. For more information on Bast Floors & Staircases, call 813-884-5793 or 800-664-BAST or visit www.BastCorp.com.