

From Touchless Faucets to CDC-Approved Air Filters, Here's How to Make Your Home 'Healthy'

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Working out, eating fruits and veggies and drinking plenty of water are all great ways to improve your health. Another option? Updating your house.

Historically, most people spent about two-thirds of their time at home. But with the pandemic – and the quarantining, remote work and social distancing it's ushered in, many people are now there more than ever.

"The increased amount of time people spend at home – in tandem with increased awareness around health and well-being during the pandemic, has prompted people to explore how to make their homes healthier places to be," says Jie Zhao, executive vice president at wellness technology company Delos. "More than ever, people want to

invest in their health and well-being – and there's no better place to start than our homes.”

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