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## How to House-Hunt With Health and Wellness in Mind

Whether you're looking for a home to buy or an apartment to rent, moving is a great opportunity to reevaluate what you want in a living space. This is your chance to do away with annoyances and frustrations you've grown accustomed to over the years and find a home that better fits your lifestyle. If health and fitness are important to you, keep this in mind during your housing search. There are a number of things to consider when looking for a home where you can live your healthiest, best life! Here are some tips from [GoTarryn! Health & Fitness](#) to help you consider your health and wellness needs while searching for a new place to live.

### **Consider Renting for Greater Flexibility**

Buying a home is a huge commitment. Not only are you committing to the property you're purchasing, but to the city as well. Renting, on the other hand, affords [much more flexibility](#). If you decide to pack up all of your stuff and move across the country, nothing is stopping you! Plus, many people find that renting is far less stressful than owning your own home. You know

exactly what your monthly housing expenses are, there's no maintenance to worry about, and you won't lose sleep over the possibility of a housing market crash. Plus, many apartment buildings have [wellness amenities](#) like gyms and pools!

If you're moving to Atlanta, you'll find a vast selection of apartments to rent. You'll have your pick of lofts, condos, duplexes, and single-family homes. According to Rent.com, a one-bedroom in the city goes for about [\\$700 to \\$1400](#) depending on the neighborhood and the level of luxury provided.

### **Look for Walkable Neighborhoods**

According to PlaceMakers, the [healthiest neighborhoods](#) are walkable and feature plenty of green space. As you hunt for places to live, look for homes in areas where you can walk to stores and services—grocery stores, pharmacies, restaurants, bars, gyms, etc. Bonus points if you can walk to work! The [Walk Score website](#) is a great resource for determining the walkability of a given neighborhood. You can also use the website to identify areas that have good biking infrastructure.

### **Explore the Local Businesses**

Beyond walkability, evaluate different areas based on the types of businesses lining the streets. If you live near fast-food restaurants, it's easy to cave when you're craving a salty midnight snack. Are there [healthy takeout options](#) nearby? What about gyms and fitness centers? Living close to a gym makes it much easier to commit to a regular workout routine. Think about the fitness activities you enjoy, like hiking, climbing, or swimming, and look for homes where you can participate in these easily.

### **Avoid Homes with Potential Health Hazards**

When it comes to touring rentals, keep an eye out for potential health hazards. For example, homes on busy streets can mean air quality issues and problems with noise pollution, both of which can [harm your health](#) over time. Inside the home, watch out for problems with poor ventilation. Inadequate ventilation leads to high levels of indoor air pollution. Moist and musty-smelling air is a telltale sign that the home is facing ventilation issues. Mold is a major red flag! Also, keep an eye out for signs of pests that can spread disease and cause allergic reactions.

A healthy home is quiet, well-ventilated, clean, and brightly lit with natural light. Beyond these basics, look for homes overlooking parks and treed areas. [Studies](#) show that residents enjoy a significant mental health boost when their view overlooks a neighborhood greenspace. While this can be tough to find in a city, it's worth a spot on your house-hunting wish list!

When it comes to house hunting, there's a lot to think about. It's easy to lose sight of your wellness must-haves when you come across a beautiful home within your budget. To ensure you end up in a place that properly supports your health and wellbeing, keep your priorities front and center!

*Moving to a new place means finding new services to replace those you left behind. If you're looking for a new personal trainer or health coach in Atlanta, check out [GoTarryn!](#) Health & Fitness! Call today! 404-617-1239*