



Brushing for 2 minutes can seem like forever

Pass the time by:

Reading something. Whether it's the weather on your phone, the newspaper, or a magazine, you won't even realize it's been two minutes!

Exercising. Do some wall sits or gentle squats to pass the time and work on your fitness.

Multitasking. Try picking out your outfit for the day, packing your lunch or loading the dishwasher. Just make sure you only need one free hand to do it!

Thinking. That's right. Plan out your day in your head, decide what errands you need to run, or what you're going to eat for dinner. You'll feel ready to take on the day.

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