



Be Healthy, Stay Fit – It's your Choice!



2011 is right around the corner ~ prepare for a Healthy New Year!

As 2010 comes to an end and the new year beckons you forward, now's the time to review, look back at the year that has passed and take stock of your health/fitness goals..

- Are you at a healthy weight?
- Do you exercise enough each week?
- Do you select healthy food choices?
- Do you spend quality time with your family and friends?
- Do you have a positive, optimistic attitude about life?

Once you evaluate where you stand now, look toward the new year and make plans and set goals now for what you want to achieve.

Here are tips on how you can have a healthier, more positive 2011:

- >>Set some personal health goals and track your progress.
- >>Get a checkup with your doctor. Find out how you're doing health-wise, so you can set goals to improve your health with proper diet and exercise.
- >>Get moving! Exercise is vital at any age. Explore local health clubs, gyms, personal trainers as well as at-home equipment to help you get fit and healthy.
- >>Quit smoking.
- >>Reduce the stress in your life. Stress includes daily events like deadlines at work, long drive times with excess traffic, more activities than time to do them, as well as emotional trauma like death or divorce. Organize your life with a schedule and learn how to say no when you need to do so.
- >>Eat healthy meals and snacks. Pack a healthy lunch to take to work several days a week instead of eating lunch in restaurants every day. Consume fruits, vegetables and lean meats. Be picky about what you eat.
- >>Set a financial budget and stick to it. Set limits on spending and save for the future.

If "get moving!" is at the top of your list of goals, you may ask yourself, "how much exercise do I really need? How do I get started?"

Talk to your doctor about how much exercise is right for you. But, a good goal for many is to exercise 4 to 6 times a week for 30 to 60 minutes at a time. Remember though, that exercise has so many health benefits that any amount is better than none!

To get started on a new exercise routine, it is important to take it slow in the beginning. If you've been inactive for years, you can't run a marathon after only 2 weeks of training. Begin with a 10-minute period of light exercises or a brisk walk every day and gradually increase how hard you exercise and for how long.

Sneaking exercise into your day works: take the stairs instead of the elevator. Go for a walk after lunch or dinner. Walk all or part of the way to work. Do housework at a fast pace. Yardwork is a great form of exercise. The key is, yes, to "get moving!"

Ok, you're ready for an exercise routine ~ great! Now, "how do I stick with it?" Here are some tips that will help you start and stick with it.

>>Choose something you like to do. Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.

>>Get a partner. Exercising with a friend or relative can make it more fun.

>>Vary your routine. You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.

>>Choose a comfortable time of day. If you are able to "get moving" first thing in the morning, you're better off. If you are on a schedule in the morning and unable to fit exercise in, try to wake up 10 minutes earlier over a few weeks' time, gradually, until you have reached a wake-up time of about 30 minutes earlier. Use this time to exercise each morning on a regular basis and be energized the rest of the day.

>>Don't get discouraged. It can take weeks or months before you notice some of the changes from exercise, such as weight loss.

>>Forget "no pain, no gain." While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.

>>Make exercise fun. Read, listen to music or watch TV while riding a stationary bike, as an example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a sport you enjoy, such as tennis.

Lastly, we all know the benefits of regular exercise, but here is a last bit of incentive to get you started on a routine. *Regular exercise: reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity; keeps joints, tendons and ligaments flexible, which makes it easier to move around; reduces some of the effects of aging; contributes to your mental well-being and helps treat depression; helps relieve stress and anxiety; increases your energy and endurance; helps you sleep better; and, helps you maintain a normal weight by increasing your metabolism (the rate you burn calories).*

Here's to a "very moving" 2011!



N-Link BIRTHDAY ANNOUNCEMENTS



November

1st Bud Hickman, Marianne Siedem; Dave Krug; 4th Michael Council, Theresa Montgomery; 5th Margie Griffith; 8th Dave Carter, Howard Herbeck, Shari Keen; 11th Betty Lockie, Russ Safford; 13th Donna King; 14th Ella Lazar; 19th Bob Johnson; 20th Robert Johns, Barry Smith; 22nd Judy Palzer; 24th Charles Horkey; 26th Jason Kloter; 30th Hunter Ackerman

December

3rd BJ Hower; 5th Ginny Zwieg; 6th Mary Ann Diersing, Kim Oswald; 7th Mary

Hunter; 12th Garney Cope, Helene Patterson, Nikkirae Redding; 14th Mike Miller; 15th Carol Tedder; 17th Fred Patterson; 20th Kamden Alexander; 23rd Kristin Hedin, Lyle Larson, Mary Libroth; 25th Jim Boris; 28th Ernie Brown; 30th Tony Bertini, Rita Doughty, Chris Oswald; 31st Larry Young

January

3rd Lisa Holak; 4th Fred Laskey; 6th Lorie Hopkins; 9th Kathy Oswald; 13th Phyllis Brown; 15th Kim Keating, Joelle Palzer; 17th Peggy Boris; 18th Eleanor Palmerino; 20th Noleen Burch, Michael Griffith, Lydia Keating, Jack Palzer; 21st Jacqueline Fortu-

nato; 22nd Tom Beatty; 26th Larry Henshaw; 30th Jack McCollum

February

1st Ethan Keating; 2nd Coleen Laskey; 6th Gail Johns; 7th Dee Foster; 8th George Myers; 9th Alicia Haggerty, Jill Jones; 11th Don Hobratschk; 13th Evelyn Hickman; 14th Rita Wellman; 17th Liz Hower; Neva Lubinski; 18th Diane Lenhard; 19th Marcos Vargas; 24th Sharon Knight, Leah Montgomery; 25th George Keating, Sue Miller; 26th Gary Briguglio, Betty Fuchs; 27th Sande Larson; 28th Al Eastlack



Is YOUR birthday missing from our quarterly birthday lists?? Please call or email me with the info Thanks! Mimi 633.0677 mmrose1@tampabay.rr.com



In this day and age, Email Communication has fast become the preferred (and more efficient) method of communication. More and more, there is a need to communicate pertinent area news updates and events here in The Villages at Cypress Creek. If you are not currently receiving community email and would like to ensure you are included in news emails, please send your address to me. Be assured, your address will be protected using the "blind copy" feature ~ your address will not appear on any distribution list. Thank you! mmrose1@tampabay.rr.com

Attention Residents and Business Managers! This Newsletter is for you and about you. Please contact us with your "article of interest" – a new addition to the family, special accomplishment, a promotion your business may be offering, etc. The deadline for submission of articles for the **Winter 2011** newsletter is **Friday, January 28, 2011**

Mimi Rose (mmrose1@tampabay.rr.com) 633.0677

PROPERTY MANAGEMENT COMPANY ADDRESS

Dave Krug, Unique Property Services, Inc.
1207 North Himes Avenue, Suite 3
Tampa FL 33607
phone: 879.1139 – fax: 879.1039



Marcos Vargas (Ventana) has become very "detail minded" — Car Detailing is his specialty. Washing, waxing, shampoo inside, condition leather tops. Reasonable prices! Call today! 900.5901

Your pet is around the corner from a pet sitter! I am a pet sitter with **Pets, Paws, & Beyond, Inc.**, and provide exercise, love and attention to your pets. I come to your home to provide their care when you can't be there. We have been in business for 3 years and offer a free no obligation consultation to make sure we are a good fit. We are bonded and insured and offer you a list of references for your peace of mind. Call **Sandy Kloter** (LaPaloma) **390.7759**

Imagine coming home to a clean house ~ and you never even needed to lift a finger! Sound good? Give **Judy Palzer** (Ventana), **Judy's Cleaning Service**, a call today! 215.3095

Cory's Computer Care - In-home computer and laptop repair. **Cory Kloter** (LaPaloma) can help set up wireless networks, remove viruses, make your computer faster, and much more. Call Cory at **477.0767** or ckloter@gmail.com.

Independent Business Opportunity with Amway! Call **Cory Kloter** (LaPaloma) for details on opportunity and products. **477.0767** or ckloter@gmail.com.

The Floor Store is expanding! **Kimberly McCollum** (Ventana), owner, is proud to announce she has opened another location in Palm Harbor. **The Floor Store** carries in-stock carpets, tile, hardwoods and laminates. Give her a call at her **Largo location at 727.582.9400** or **Palm Harbor at 727.781.9400**, or at home **634.2989**

China Wok, Chinese restaurant located in Sun Point Plaza, is owned by Ventana residents — **Quan Yong Chen and Yu Chun Cao!** Drop by or call 645.8088 to order up!

Southern Grace, Inc. Home Accessories & Gifts ~ **Frances Hereford** (LaPaloma), Owner, invites you to stop in and check out the beautiful gifts for all occasions!
301 US 41 South, Ruskin **641.0004**

Manatee Apparel Graphics produces screen-printing, embroidery and promotional products. We would be proud to provide these services for our community's families, schools, churches and business needs. Please visit our website, www.manateeapparel.com, for contact information and to view a sample of the apparel we provide. **Michael & Margie Griffith** (LaPaloma) **941.746.6353**

FishhawkTravel -- Book your travel (flights, hotels, cruises, vacations) with **Donny & Michelle Cook** (Ventana) on-line travel agency www.fishhawktravel.com or call **300.4891** for assistance. "We also do group travel!"

China Painting Classes ~ Tuesdays 9am to 12noon
Call **Judy Higgins** (LaPaloma) 633-3746 or 787-1529

Massage Therapy ~ Home visits by **Mary Hunter** (Fairway Palms), Licensed & Insured MA31372. 634.1367.

Tim Terpening, Keller Williams Realty, your neighborhood realty specialist, encourages you to contact him with all your real estate questions. Tim understands the current market and utilizes cutting edge technology to assist his clients with their buying and selling needs. Contact Terp at **545.5302** or online at www.timterpening.com. "Buying or Selling a Home Doesn't Have to be Hard."

AAA Travel Club ~ We do it all! Domestic and International Cruises and Tours, Rail, Airline reservations, Car rentals, and Hotel reservations. Members and non-members welcome.
717 Cortaro Avenue >>Joy Dunn, 633-4880 ext. 2228, or jedunn@aaasouth.com.

Clean To Perfection ~ The Detail-Oriented Cleaning People. We'll make your home sparkle and shine, \$25 off your first cleaning Call **Paulette** (Ventana) now for your free In-Home Estimate.900-4140 www.Cleantoperfection.biz

Candle DeLight is back in business! For your delight, candles of all types, over 100 molds. Save on energy and get romantic. Give us a call and we will fit your needs. Discount prices!
Pete & Judy Zeban (LaPaloma) **642.9575**

ELS & Associates, Inc. ~ provides 30 years of experience and offers the SouthShore area free consultations in assisting people with their insurance and investment needs. ELS & Associates will provide you the tools to make your retirement planning effortless. Located at 437 Apollo Beach Boulevard in Apollo Beach, please call **Karen Sernas** (Ventana) today at 645-5300 to set up an appointment for your free consultation! Or email us at: els.assoc@verizon.net

John & Penny Smith (Ventana) operate the **H&R Block** offices in Apollo Beach, Ruskin and Sun City Center. Certified tax professionals are available 7 days a week to help you file your tax return for 2009, and are well versed in the most recent tax law changes such as the New Home Owner's Credit, the Hiring Incentives to restore Employment Act, and the Health Coverage Tax Credit. We also fix 'Free Tax Returns.' In the current economy many people are choosing the free clinics to get their return prepared. We see many of those people in our offices with IRS letters during the summer, needing help with audits. We also offer a service called "Second Look" where we review tax returns to find more money. In over 80% of those we review, we find more money for the clients. For more information, call Penny at 645-4829.

AVON IS CALLING ~ Please call **Brian & Carley McNamara** (Ventana) for your Avon needs. Give them a call at 633.4760 and they will be glad to provide you with a catalog.

MOUNTAIN TOP MANAGEMENT ~ **Brian McNamara** (Ventana), is starting a Bookkeeping, Payroll and Tax service for small businesses. You can contact him at 310.1633 (1607 Oracle Drive).



To place an ad, contact Mimi
mmrose1@tampabay.rr.com