

FEBRUARY 2017 COMMUNITY NEWS

Leasing Center Hours M - F 9:00 am - 6:00 pm | Saturday 10:00 am - 5:00 pm | Closed Sunday



LAUGH TO LOWER BLOOD PRESSURE

The findings of a study recently presented at the American Heart Association meeting in Atlanta revealed that listening to your favorite tunes or hearing a good joke could have as much effect on your blood pressure as reducing salt or losing ten pounds. Of course, music and laughter

alone are not sufficient to treat high blood pressure, but for anyone looking for a way to increase their overall health, remember this mind-heart connection. It is a natural way to improve health.

HOW TO SHOP FOR A CAR

Buying a car is one of the most stressful consumer purchases. Being prepared reduces that stress. Your first task is to decide what you want. Make a list of features that are important to you and have a solid number in mind regarding price to ensure your new vehicle fits your budget. Next, realize that your choices affect the price you pay.

Upgrades increase the price, but you can splurge on some upgrades if you're willing to go with a lower-priced vehicle to start. Ask yourself if you would be happy with a lower-end vehicle with added luxuries. Finally, don't fall for dealers' tricks. The price you are offered today will still be valid tomorrow, and watch out for fees and extras added after you've negotiated your sales price.

Meet the Staff

Cass, Jody, Jacob, Eric, Zack and Kyle

Teeth Whitening

The cost of going to the dentist for teeth whitening procedures can add up, but everybody loves a nice white smile. You can whiten your teeth at home for considerably less money than you would have to pay your dentist. Once a week, make a paste out of baking soda and just enough hydrogen peroxide to moisten it. Brush your teeth with this mixture, and you will notice fewer discolorations and a brighter smile.

Get Enough Sleep

Recent studies show that there may be a link between poor sleep and weight gain. If you have sleep shortfalls, you experience an increase in hunger hormones that could lead you to overeat during the day. Fatigue also makes you less likely to get enough exercise. Both adults and children can be affected by poor sleep. Practicing healthy sleep habits can have a good effect on overall health.

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801-253-5800 • FOURSEASONSSTISYOURHOME.COM

420 West Cadbury Drive • South Jordan, UT 84095 • Fss.office@netwasatch.com



CURING THE AFTERNOON SLUMP

You know the feeling. Your eyelids start to feel heavy, you have trouble concentrating, and your energy level plummets. The afternoon slump happens to many people. Take a break if you have been busy or working. You also need a change of scenery. There is nothing better than heading outside for about ten minutes. If you can, walk for a few minutes. The sunlight will boost your mood and help your body feel more energetic. You will also get a dose of vitamin D. Have a snack. Foods loaded with carbs will further deplete your energy level so try something rich in protein. You can also indulge in some dark chocolate. It is full of healthy fat and antioxidants and even has a small amount of caffeine.

Grocery Shopping

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

About Sleep Apnea

Sleep apnea causes health issues. Researchers have found that people with sleep apnea who lose just 10 percent of their weight can significantly improve their symptoms and potentially rid themselves of the disorder. The most effective way to lose weight and to keep it off is to forego processed carbohydrates, rice, potatoes, sugar and high-fructose corn syrup. Avoiding these foods will improve your health.

Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: how many words can you make from the word "notebook?" (Hint: we found 27.)

Resident Portal

Did you know we have a resident portal? There are lots of fun and useful tools in the resident portal designed just for you. Just visit our website or contact the leasing center for details.



Trying Out a Low-Carb Diet

If you think eating a low-carb diet will limit you to chicken breasts and broccoli every day, think again. From turkey burgers wrapped in lettuce and ham and cheese omelets, to tuna salads and steak with asparagus-you can enjoy your way to a leaner you. There are a variety of low-carb recipes at your disposal. Many dishes you can get from low-carb cook books, or perform a Google search with the key words