

AUGUST 2016

Springwood

APARTMENTS

1230 South 500 West
Bountiful, UT 84010
801-441-4403
SpringwoodsYourHome.com

Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

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.

COMMUNITY NEWS

Living Healthy

It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.



The Heat is On

Keep your energy bills down by making sure your water heater is working efficiently. Keep your water heater temperature set to 120 degrees or less. Not only will you save money, but this lower setting is safer for your family. You can save up to \$25 annually if you use an electric water heater and up to \$18 annually for a gas water heater. Consider insulating your water heater and hot water pipes. To see

if you need insulation, feel them. If they are hot to the touch, you can benefit from some insulation to reduce heat loss. If you are looking to replace your water heater, consider a high-efficiency model. While it will cost more than a standard model, you will see payback within 2-3 years for a gas model.

“The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it.”
—Albert Einstein

Meet the Staff

Brittney Connor- Community Manager
Nicki Royle- Financial Manager
Rick Morgan- Maintenance Lead
Tim Butlerr- Maintenance Tech

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Maintenance Emergencies
Please contact the office immediately for maintenance emergencies including, but not limited to, broken windows or doors, strong odors of gas or smoke, electrical problems, consistently running toilets, and

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

Construction

As you may have noticed, we are currently making a few changes around here to make your community more beautiful. Please excuse the mess and the noise while we go through this process.
