

SEPTEMBER 2016

Springwood

APARTMENTS

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

Sleeping and Weight

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

Public Transportation Safety

When traveling on public transit, practice awareness when getting on and off the bus. Wait at a bus stop that is well-lit and has lots of traffic and people around if possible. Sit near the front of the bus so you are closer to the driver. When exiting a bus, be aware of those exiting at the same time. Travel immediately to a safe spot and continue to your destination.

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

SEPTEMBER 2016

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	

Dogs and Leashes

We all love our dogs and we love having them here in the community. Please keep in mind that community policy requires that dogs be leashed at all times. This is for everyone's safety!

Interior Decoration Regulations



Of course, all residents are invited to make yourselves at home and decorate your apartment home however you like. Furniture, accessories and hanging pictures are all well within reasonable decorations. Please keep in mind that you need management approval for major design changes including but not limited to wallpapering, re-carpeting, painting, and any other significant changes to your apartment home. Of course, please contact the management office with any questions, or if there is anything we can do to assist you.

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.
