

NOVEMBER 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.

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.

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.



Cold and Flu Season

Both the common cold and influenza are spread by respiratory droplets through sneezing, coughing, or hand contact with another person after touching nose or mouth secretions. Flu season generally runs from November into early March with the peak occurring winter. Get regular physical activity, eat healthy food, and get plenty of sleep to boost your immune system. Avoid stress as it can

weaken your immune system. Stay home if you feel ill and cover your nose or mouth when coughing or sneezing. Avoid contact between your hand and your face or eyes. And most important of all, wash your hands frequently with warm water and soap. If you are unable to wash your hands, use an antibacterial gel.

Someone Once Said

Meet the Staff

Brittney Connor- Community Manager
Nicki Royle- Financial Manager
Jeff Pace- Maintenance Lead
Troy Jensen- 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			

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.

Did You Know: Pumpkins



Many people believe that pumpkins are vegetables, but they are really fruits. About 90 percent of pumpkins sold in the U.S. are used for jack-o-lanterns. Not all pumpkins are orange. The average sized pumpkin has about one cup of seeds. Pumpkins are 90 percent water. The biggest pumpkin pie on record weighed 2020 pounds. It used 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 7 pounds of cinnamon, 2 pounds of pumpkin spice, and was placed in 250 pounds of crust.

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.
