

JANUARY 2018

Springwood

APARTMENTS

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

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.

How to Revamp Your Wardrobe

Everyone should revamp their wardrobe at least once a year. Here are a few tips:

- o Throw out anything that doesn't fit or looks very worn.
- o Only buy new things that you truly love!
- o Try clothes on before you buy when possible.
- o Be daring. Try on a new style every time you go shopping.

COMMUNITY NEWS

Flu Season

Flu season is here. There really is no

cure for the flu. But there are things you can do to make yourself more comfortable during the duration. Get plenty of rest and drink lots of fluids. Fever can be treated with acetaminophen. Be sure to talk to your doctor to get advice about using a decongestant/antihistamine to treat nasal congestion. Antibiotics have no effect on the flu because it is caused by a virus. And what about chicken soup? Although it doesn't cure anything, it can soothe a sore throat.



Essential Nutrients for Healthy Brains

A recent study published in the journal *Neurology* indicated that seniors who include more essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease and scored better on tests of mental performance. Essential nutrients include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found

in fish, plant, and nut oils. Vitamins B, C, and E are found in fruits and primarily vegetables. The essential nutrient B12 comes from animal products. Talk with your doctor about including more of these nutrients in your diet. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish.

“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
Shelly Reeder- Financial Manager
-Jeff Pace- Maintenance Lead
Anthony Martinez- 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			

Rent
Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty

Pet's Resolution

It's that time of year--time to make



New Year's resolutions. This year, consider some resolutions for your pet. Here are some ideas for a healthier and happier year for both of you. Switch to healthy snacks and keep snacks to less than ten percent of daily calorie intake. Keep your pet at a healthy weight with a nutritious diet and adequate access to exercise and play. Spend quality time with your animal companion through outdoor exercise and indoor play.

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.
