



A FOCUS ON PHYSICAL ACTIVITY

Pathway to Improved Health

By Concentra Urgent Care

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

1. Any physical activity is better than no physical activity
 - Includes people with disabilities
 - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
 - Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial
3. For most people, additional benefits occur when
 - You increase the intensity of your physical activity
 - You increase the frequency of your physical activity

- You increase the duration of your physical activity
- #### **SHOULD OLDER ADULTS EXERCISE, TOO?**

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

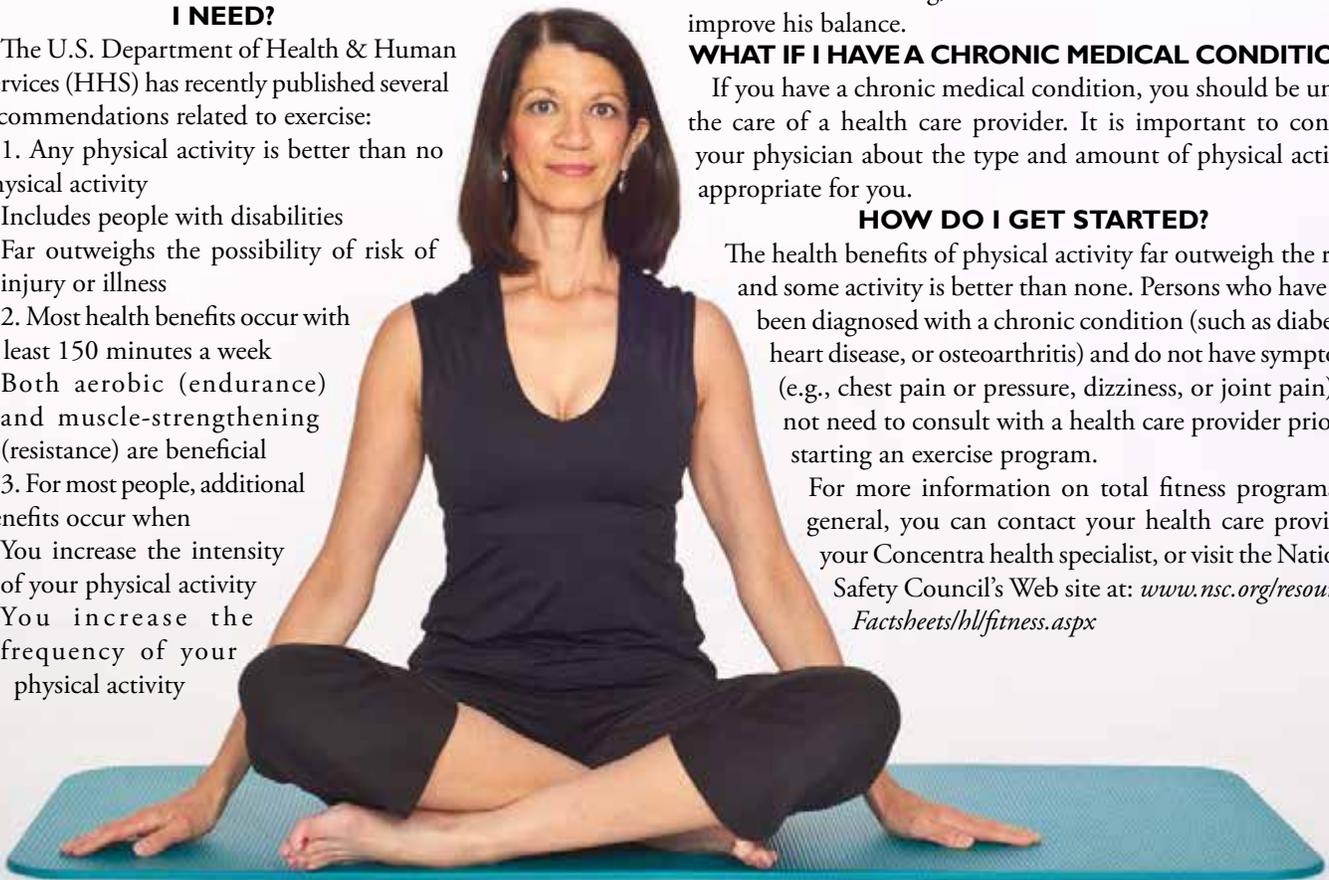
WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

HOW DO I GET STARTED?

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: www.nsc.org/resources/Factsheets/hlf/fitness.aspx



Willowbridge - Stonebridge

IMPORTANT NUMBERS

All Emergencies.....	911
Harris County Sheriff.....	713-221-6000
Harris County Animal Control	281-999-3191
Cy-Fair Hospital.....	281-890-4285
Street Lights & Outages - CenterPoint Energy.....	713-207-2222
CenterPoint Energy.....	713-659-2111
Newsletter Publisher	
Peel, Inc.	www.PEELinc.com, 888-687-6444
Advertising.....	advertising@PEELinc.com, 888-687-6444
Poison Control Center	800-222-1222
AT&T - Repair	800-246-8464
Billing	800-585-7928
Swimming Pool - Pay Phone	281-469-9004
Swimming Pool - Lifeguard.....	281-517-0225
Trash – Royal Disposal & Recycle	713-526-1536
Vacation Watch - Harris County District 5	281-290-2100
W. Harris County MUD #11.....	281-807-9500
Willow Place Post Office	281-890-2392
Willowbridge Website	www.willowbridgehoa.com
Cable/Internet/Phone...COMCAST	713-341-1000

ASSOCIATION DIRECTORY

Welcoming Committee	
Gracie Galvan	281-732-0009
Beautification Committee	
Jennifer Y'Barbo	jhybarbo@subhou.com
Homeowners Association	281-497-4320
Graham Mgmt - Tracy Graham	
.....	grahammanagement@sbcglobal.net
Clubhouse/Reservations	
Tracy Graham	281-497-4320
Pool Parties/Tags	
PCMI	281-870-0585
Marquee Coordinator	
Barbara Lallinger.....	281-890-8464
Newsletter Coordinator	
Kyle Survance	surou812@gmail.com
Security Coordinator	
Julie Dubros.....	281-794-9032
Website Coordinator	
Angela Doray.....	willowbridgehoa@live.com
Yard of the Month Committee	
Nominate your favorite at: willowbridgehoa.com or Contact	
Jennifer Y'Barbo	jhybarbo@subhou.com
Soccer Field Reservations	
Terese Joubran	tmjoubran@gmail.com
Lost Pet Coordinator	
Sonia Moore	msrco@aol.com, 281-955-8068

BOARD OF DIRECTORS

Patrick Smith	President
Kyle Survance.....	Vice President
George Schaudel	Treasurer
Julie Dubros	Director
Jennifer Y'Barbo.....	Director

HOA INFORMATION

Willowbridge Homeowners Association Inc. - Graham Mgmt
Tracy Graham..... 281-497-4320
E-Mail..... grahammanagement@sbcglobal.net
Fax..... 281-870-1654
If you have any questions or comments regarding the neighborhood please contact the numbers above.

HOA MEETINGS

Willowbridge/Stonebridge Homeowner's Association meetings are held the fourth Thursday of each month at the community clubhouse at 7:00 pm.

WELCOMING COMMITTEE

The Welcoming Committee meetings are the last Monday of each month.

HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street signs and street flooding: (281) 353-8424 or www.hcp4.net.

If a resident wants to request a new sign or replace a damaged one, they have to go online and fill out a request.



Housing Needed *for International Students*

Looking for Volunteers! I am reaching out to the community looking for volunteers to house an international student for this fall semester or school year. The students are 15-18 years of age and are from over 60 countries with arrival in late August. The students come medically insured and bring their own spending money. You are responsible for providing a bed and meals in your home. The student will go to the local high school. It is a great opportunity to help a young teen and your community.

Jennifer Tausworthe
CCI Greenheart
713-203-6556
jennifer4cci@aol.com

Willowbridge Soccer Field

Rules and Reservations

- Groups or organizations with salaried employees will be charged \$50 per hour for use of the Soccer Field.
- Charitable Groups with Non-salaried volunteers with at least 60% of participants being Willowbridge/ Stonebridge residents will be allowed to use the field at No Charge for seasonal re-occurring events on a case by case basis, decided by the HOA Board.
- The Soccer Field will still be available for Resident birthday parties by reservation.
- Other single use events, by Residents, will be reviewed by the HOA Board on a case-by-case basis.
- -Teams will clean up all trash and water bottles on the field.
- Must Complete application and attach team roster with names and addresses of players.
- Teams must share the fields if another team has requested to play at the same time.
- Teams may not practice after dark.

*To reserve the soccer field, contact Terese Joubran at
tmjoubran@gmail.com.*



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Willowbridge - Stonebridge

Drowning Is **Preventable**

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

THE FIRST 3 OF THESE TIPS ARE KEY.

Practice constant visual supervision. Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

Learn to swim. Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

Wear life jackets. Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at www.colinshope.org.

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit www.colinshope.org to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,
Alissa Magrum Executive Director, Colin's Hope*

Make an impact.

Call today to reserve this space.



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CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

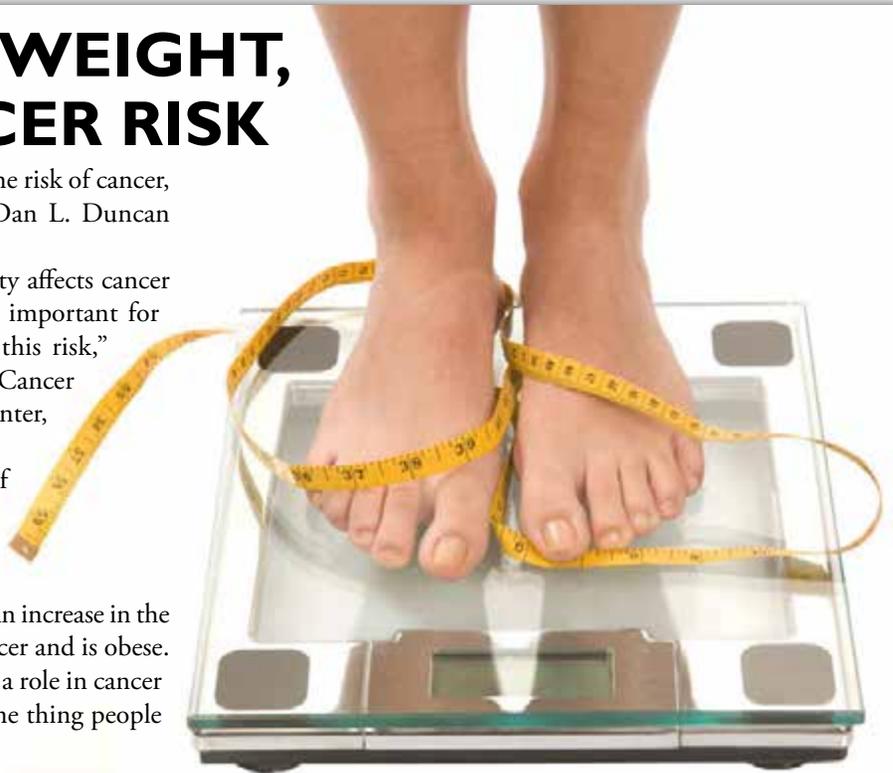
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



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ADOPTION COALITION OF TEXAS

Marcus

05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.



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