

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:

Any physical activity is better than no physical activity

Includes people with disabilities & Far outweighs the possibility of risk of injury or illness.

Most health benefits occur with at least 150 minutes a week

Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial

For most people, additional benefits occur when

You increase the intensity of your physical activity, the frequency of your physical activity, & 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: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.



ATASCOCITA FOREST

COMMUNITY CONTACTS

BOARD MEMBERS

Ric Halbrook, President ric@atascocitaforest.org
 Russell Lilley, Vice President.....russell@atascocitaforest.org
 Bill Wisenbaker, Treasurer billw@atascocitaforest.org
 Tom Meyers, Trusteetom@atascocitaforest.org
 Bill Sheppard, Trusteebills@atascocitaforest.org

MANAGEMENT COMPANY

Pam Valentine, CAM
 pvalentine@communityassetmanagement.com

EMERGENCY INFORMATION

Fire, Medical or Life Threatening Emergency 9-1-1
 P-4 Constable Dispatch..... 281-376-3472
 Humble ISD Police (Schools)..... 281-641-7900
 Atascocita Volunteer Fire Dept (AVFD)
Non-Emergency Number 281-852-2181
 Harris County Animal Control 281-999-3191
 Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222

Gas, Centerpoint Energy 713-659-2111
Gas Leaks 713-659-2111
Call Before You Dig..... 811
 Trail fo Lakes MUD 713-405-1750
 Aggressive Waste..... 713-631-1900
 Humble Post Office..... 281-540-1775

SCHOOLS

Humble ISD 281-641-1000
Website www.humble.k12.tx.us
 Whispering Pines Elementary..... 281-641-2500
 Humble Middle School..... 281-641-4170
 Humble High School 281-641-6300

NEWSLETTER INFORMATION

Editor - Bill Shepherd afhoawshepard@aol.com
 Publisher, Peel, Inc. 888-687-6444
 Advertising advertising@PEELinc.com



Affordable Shade Patio Covers



We specialize in custom built patio covers,
 decorative & stamped concrete,
 cedar & treated pine shade arbors,
 Insulated aluminum patio covers & arbors.



*Creating Comfort for Outdoor Living...
 with Affordable Shade Patio Covers!*



Visit our galleries to view hundreds of photographs
 of finished projects...from very happy customers.

AffordableShade.com
713-574-4648

Bashans Painting & Home Repair

**Commercial/Residential
 Free Estimates**

281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Garage Floor Epoxy
- Hardi Plank Installation
- Custom Staining
- Wood Replacement
- Roofing
- Sheetrock Repair
- Gutter Repair/Replacement
- Interior Carpentry
- Faux Painting
- Cabinet Painting
- Door Refinishing
- Wallpaper Removal and Texturizing
- Window Installation
- Pressure Washing
- Trash Removal
- Fence Repair/Replacement
- Ceiling Fan/Light Fixtures

References Available • Fully Insured
NO PAYMENT UNTIL COMPLETION
 bashanspainting@earthlink.net

SUDOKU

View answers online at www.peelinc.com

								7
6	7	2			1			
5				6			9	2
7		5						
	4							
	1	6		2			4	9
				4				6
		8		1	7			
		9	3	8		1		

© 2006, Feature Exchange

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



WANT A GREAT RIDE?

SELL US YOUR CAR!

TEXASDIRECTAUTO.COM



Scan and sell us your car or search our inventory



Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!

Brilliant Energy Texas OUC #10140

BRILLIANT ENERGY

Easy Online Sign-Up at

BrilliantElectricity.com

USE "NEIGHBORHOOD NEWSLETTER" AS REFERRAL

BRILLIANT ENERGY = SERIOUSLY LOW RATES

BRILLIANT ENERGY'S ELECTRICITY RATES CHALLENGE
THE RATES OF EVERY OTHER PROVIDER IN TEXAS!

LOCK-IN A LOW ELECTRICITY RATE FOR
UP TO 3 YEARS

BRILLIANT ENERGY IS RECOMMENDED BY TEXAS ENERGY
ANALYST, ALAN LAMMEY THE HOST OF THE "ENERGY
WEEK" RADIO SHOW ON NEWSTALK 1070 KNTH!

Ask the "Energy Analyst"
281.658.0395

GREAT BUSINESS RATES TOO!



We solve all the pieces to the puzzle.



PEEL, INC.
printing & publishing

Call Today to Get Started
On All Your Printing Needs.

1-888-687-6444
Ext. 23

EXPERIENCE MATTERS doing business for 30+

DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Volunteer - Donate
COLINSHOPE.ORG

- Ongoing:** Volunteers needed to distribute water safety packets, info@colinshope.org
- August 19:** Got2Skate for Colin's Hope Fundraiser, 6:30-8:30pm at Playland Skate Center
- August 29:** Colin's Hope Got2Swim Lake Austin 10K/10 miler, <http://www.tinych.org/got2swim>
- September 8:** 5th Annual Colin's Hope Kids Triathlon, <http://www.tinych.org/KidsTri>
- October 19:** Sharkfest Austin Swim benefitting Colin's Hope, www.sharkfestswim.com



ALERT: 36 Texas children have lost their lives to a fatal drowning this year. Many more have survived non-fatal drowning incidents. Be a Water Guardian and Watch Kids around Water. Drownings are preventable!

LAYERS OF PROTECTION



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



KEEP BACKYARDS & BATHROOMS SAFE



LEARN CPR



CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN



VISIT US ONLINE



**Register Now for
Fall Recreational
Soccer!**

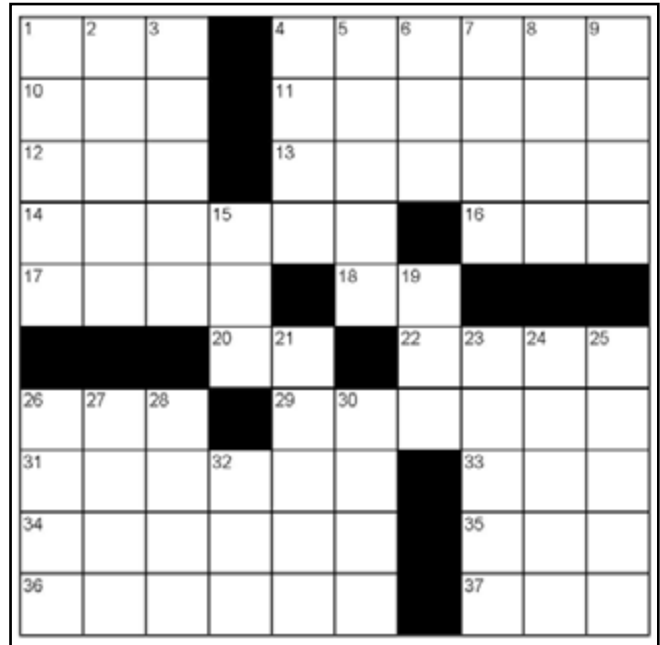
Youth Ages 4-18
Don't Miss Out!
Registration Ends August 22nd

www.TxHeatWave.com
admin@TxHeatWave.com
2325 Atascocita Rd., Suite F200



Dream...Believe...Achieve!

CROSSWORD PUZZLE



ACROSS

- 1. Belong
- 4. Elevator alternative
- 10. Fire remains
- 11. Short guy, hairy feet
- 12. Manipulate
- 13. Indoor
- 14. Coaxing
- 16. Condensation
- 17. Adolescent
- 18. South Carolina (abbr.)
- 20. New Jersey (abbr.)
- 22. Hornet
- 26. Rock
- 29. Loves
- 31. Demonstrate
- 33. Government agency
- 34. Subordinate
- 35. Cause of sickness
- 36. Elapse (2 wds.)
- 37. Surface to air missile

DOWN

- 1. Finds _ -
- 2. Make available
- 3. Not here
- 4. Tibia
- 5. Fire iron
- 6. Abdominal muscles (abbr.)
- 7. As previously cited
- 8. Cycle
- 9. Soup
- 15. Hotel
- 19. Cash with order (abr.)
- 21. Rachel's husband
- 23. Regions
- 24. Reddish brown
- 25. Sacred song
- 26. Pearls
- 27. Vile
- 28. Brief
- 30. Refuse to believe
- 32. Pinch

View answers online at www.peelinc.com

© 2006. Feature Exchange

SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to AFCAnewsletter@gmail.com.

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



At no time will any source be allowed to use Atascocita Forest's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in Atascocita Forest is exclusively for the private use of the Atascocita Forest HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Did you forget the name of that...



Visit here to find **YOUR** local businesses:
www.peelinc.com/businessDirectory





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

AF



LET US HELP YOU
GROW YOUR NEXT

**BIG
IDEA**



PEEL, INC.
printing & publishing

CONTACT US TODAY!

512.263.9183

OR VISIT

PEELINC.COM