

# NORTHLAKE FOREST

*Herald*

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OF THE NORTHLAKE  
FOREST HOA

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## 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>.*



# NORTHLAKE FOREST

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### VOLUNTEERS NEEDED

All of our committees are seeking volunteers to help continue making our community a fun place to be. Just a little bit of your time can go a long way. If you are willing to help, in any way, please contact a board member with your interest.

## NEWSLETTER INFO

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Poison Control ..... 1-800-222-1222

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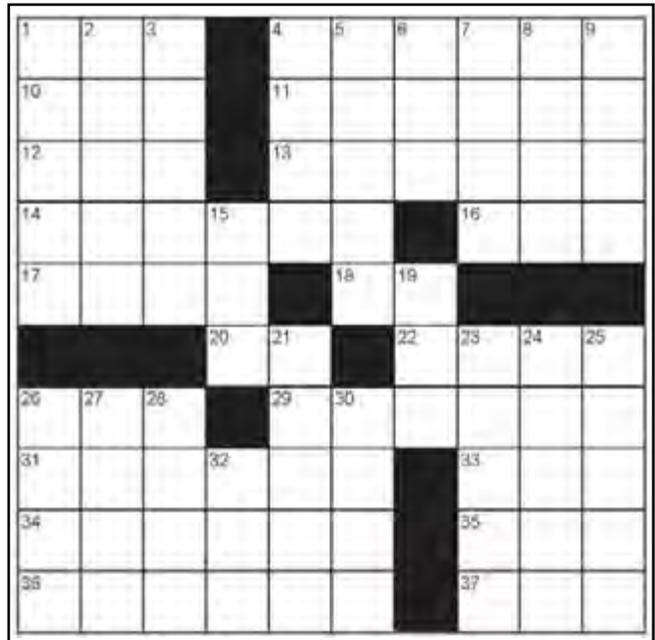
## Kids' Cross-Country Team's Season Starts September 10th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and an orientation for parents and athletes on Tuesday, September 10, 2013, at 6:00 p.m. (location to be announced). The first practice will be held at the Cypress Creek YMCA on Thursday, September 12.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 26th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome.

Contact Coach Eric Wentworth at emw1105@gmail.com, 281-961-6603, or Coach Donnell Carter at dcarterpfs@msn.com, 281-467-4727, for more information. Visit [www.northwestflyers.org](http://www.northwestflyers.org) to get updates and learn more about the team.

# 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

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# NORTHLAKE FOREST



## 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!



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

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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.



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# NORTHLAKE FOREST

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- 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](http://www.sharkfestswim.com)

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**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!

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