

Strengthen Your Resolve!

Keeping Your Fitness Resolutions



Real Estate News

January Edition

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Strengthen Your Resolve!

Five Great Strategies for Keeping Your Fitness Resolutions

Now that the holidays are over, getting rid of the “gift” of extra pounds or inches is a top priority for many of us when declaring our New Year’s resolutions. Before you start, be smart about adopting a healthier lifestyle and making this year your best year ever!



- 1. Get a physical.** I know, I know! While we are diligent about scheduling this annual event for our children, most of us turn into perpetual procrastinators when it comes to actually setting our own two feet in the doctor’s office! A thorough checkup (especially if you’re over 40) will give you a good baseline for determining your physical limits and healthy fitness goals. While you’re there, discuss with your doctor what your target heart rate should be and how any current medications or conditions could affect your weight-loss strategies.
- 2. Pick a partner.** An exercise plan is always easier to stick to if there is a sense of accountability for your actions. Consider a fitness coach, a personal trainer or simply a friend who is willing to take the journey with you. Together you can measure results, commiserate, construct systems for success and laugh along the way.
- 3. Aerobics, anyone?** Get that heart pumping! Pick an aerobic exercise that excites you enough to stick with it. Coordinate a daily walking group, join the local gym’s step class, start making tracks on that treadmill, blaze a trail on roller blades, become the belle of ballroom dancing, or take your bike for a spin! Whatever you choose to do, or however you decide to mix things up, getting your body moving and your heart rate rising is key to visible results.
- 4. Twist and turn.** Aerobic activity is great, but strength and flexibility are just as vital. Be sure to add the all-important stretches to the beginning and end of your workouts—teaching your muscles to expand and contract to their fullest capacity. Proper stretching reduces injuries and could very well awaken your youthful vigor!
- 5. Get started!** There’s no time like the present to feel better, look better and make the choices that enable you to live a better, longer life. Start slowly to build strength, flexibility and stamina. Listen to your body; if you feel dizzy or nauseous, you might be pushing too hard. Nightly walks with the kids or your dog, taking the stairs instead of the elevator, and parking farther away from the store than you need to are all steps in the right direction.

Exercise	Calories/Hour
Golfing (no cart)	240
Ballroom Dancing	260
Walking (3 mph)	280
Tennis	350
Biking (moderate)	450
Step Aerobics	550
Running	700

Tuning into your health and toning up the only body you will ever have will enable you to enjoy your family, your year and—in fact—the rest of your life with true joy and passion. Being healthy is the best gift you can give to yourself and your loved ones. Come on, let’s get fit!



Top Five Resolutions

- Get in shape/lose weight
- Spend more time with family and friends
- Stop smoking
- Enjoy life more
- Get organized

What do you want to do this year? Who do you want to be? Know that the choice is yours! I challenge you to find and fuel the greatness within you!

If you believe that you can, you can!

Real Estate 101

What does “buyer’s market” really mean?

A buyer’s market happens whenever a supply of something exceeds demand. When the term is applied to real estate, it means that a six-month or greater supply of inventory is available.

Right now in our area, there are properties for sale in the MLS. They range in price from to , with an average of days on the market.



WHAT DOES THIS MEAN TO YOU AS A PROSPECTIVE SELLER?

It means that if you are considering selling your home, you need to meet specific marketability factors to get the price, terms and timing you need to realize your financial goals.

WHAT DOES THIS MEAN TO YOU AS A PROSPECTIVE BUYER?

It means that the number of homes you have to choose from is larger than it has been for years. And, with interest rates still low, the odds of finding your dream home—and facing less competition for it when you do—also are better than they have been in years.

Effectively listing and selling homes in today’s market requires an educated approach. If you would like to learn more about how today’s trends affect your buying and selling strategies, please feel free to call me. I have the answers you are looking for.

Call Today For Free Information!

- Mortgage Calculator
- Real Estate Resources
- Refinancing Options
- Mortgage How-Tos
- Comparative Market Analysis
- Local Trends
- New Listings
- Questions & Answers

Just a thought...

Laugh often and much. As far as resolutions go, I am going to lean on Emerson for inspiration this year. I believe that he had the right idea. Inviting laughter, respect and love into your life every day is bound to make for a better existence all around, don't you think? Allow me to share his extraordinary message as we forge into the new year:

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

Thank you for all that you bring to my life... for helping me laugh, learn and enjoy the company of incredible people along the way.





Green Beans With Shallots & Lemon Dill Butter

- 1 lb. fresh green beans, trimmed
- 2 tbsp. butter
- 2 shallots, finely chopped
- 1/2 tsp. sugar
- 1 tsp. lemon juice
- 1 tbsp. fresh chopped dill weed
- 1/4 tsp. salt

Bring 2 inches of water to a boil in a 4-quart Dutch oven. Add beans, and boil uncovered 8 to 10 minutes, until tender. Meanwhile, melt butter in a large skillet over medium heat. Add shallots, and cook 3 to 4 minutes, until tender. Add sugar, stirring occasionally for another 2 to 4 minutes, until shallots are glazed and brown. Add lemon juice, dill weed and salt. Drain green beans, and toss with shallot mixture.

*Anxious to know what's cooking with homes in your neighborhood?
Call me today at (724) 864-2121 xt 20*



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