

SUMMERWOOD

live friendly.



Volume 8, Issue 10
Summerwood Community Association
www.summerwood.org

October 2006

Fit Facts

Kick Your Way to Fitness

Are you bored with your current fitness routine?

It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout.

It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

While some estimates of kickboxing's calorie-burning potential have reached as high as 500 to 800 calories per hour, ACE-sponsored research suggests that only very large individuals working out at exceptionally high intensities are like to burn that many. Instead, a 135-pound person is likely to burn 350 to 450 calories during a typical 50-minute class that consists of a warm-up, aerobic period and cool-down. There are, however, other important factors to consider before taking the first kick.

What is your current fitness level?

Keep in mind that many clubs may not offer classes that are based on progression. Even if your current routine features a hearty combination of cross-training workouts, you may want to take it easy at first, then build as your body adapts.

For this reason, an hour-long session may not be the wisest choice for someone who isn't used to this level of concentrated activity.

Familiarize yourself with the basics

Remember, adequate warm-up and close attention to proper

technique are paramount. Classes should begin with basic stretches and a light cardiovascular warm-up such as pushups and jumping jacks.

A typical aerobic kickboxing routine involves a series of repetitive punches alternating with hand strikes, kicks and then a combination of all three. The repetitions help participants focus on proper technique while engaging several muscles groups and getting a fierce cardiovascular workout.

After the main section of the routine, stretches and floor exercises are commonly performed as a cool-down.

Don't forget to wear loose clothing that allows freedom of movement during your kickboxing workout and drink plenty of water.

Beginner beware

When attending your first class, try to avoid these common mistakes:

- Wearing weights or holding dumbbells when throwing punches, which puts your joints in danger of injury
- Locking your joints when throwing kicks or punches
- Over-extending kicks (Beginners should avoid high kicks until they get used to the routine and become more flexible.)
- Giving in to group peer pressure and exercising beyond fatigue
- And of course, you should ask your instructor about their training.

Cardio kickboxing is a combination of martial arts and aerobics, and employs different techniques from a "pure" martial arts class.

(Continued on page 4)

View the
Summerwood Community Association newsletter
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SUMMERWOOD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations	911
Harris County Sheriff's Dept. (Dispatch)	713-221-6000
Constable - Precinct 3	281-427-4791
Sheldon Road VFD (Dispatch)	281-847-3300
South Lake Houston EMS (Dispatch).....	281-459-1277
Dead Animal Pick-Up (Precinct 1)	281-820-5151
Animal Control	281-999-3191
After Hours	281-221-5000

UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotline	888-782-8477
Summerwood Technologies.....	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone.....	800-464-7928
Entex Gas.....	713-659-2111
Houston Lighting & Power (HL&P).....	713-207-7777
Municipal Utility District (MUD #342).....	713-983-3602
24 Hour Service Number	713-983-3604
Garbage Pick-Up (Republic Waste).....	281-446-2030
(Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.)	

SUMMERWOOD MARKETING

Summerwood New Home Center	281-225-1111
14111 Summerwood Lakes Drive; Houston, TX 77044	

SCHOOLS

Summerwood Elementary.....	281-641-3000
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POST OFFICE

Post Office.....	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

NEWSLETTER PUBLISHER

Peel, Inc.....	888-687-6444
Article Submissions	articles@PEELinc.com
Advertising.....	advertising@PEELinc.com, 888-687-6444

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LAKESWOOD CRUSADERS

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Bible Study

Friday - October 20, 2006

7:30 P.M. - 8:30 P.M.

Summerwood Community Center

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Tracy Montgomery



Between FRIENDS



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Health & Safety

You can add years to your life and put life back in your years with the cheapest and easiest exercise on the planet—walking! All you need is weather-appropriate clothing and comfortable, supportive shoes. Remember to check with your doctor before starting any exercise program. Here are some of many benefits you can reap from this simple movement.

Condition your heart and lungs, which raise your body's ability to use oxygen more efficiently.

Trim body fat and build muscle. Muscle burns more calories and helps regulate body functions.

Decrease dependence on medications for ailments such as diabetes, high blood pressure, and heart disease. (Always check with your doctor before altering dosages!)

Burn calories – about as many per mile as jogging! While it might take twice as long, it is kinder on joints and muscles.

Build strong bones, reduce osteoporosis and – especially in seniors – decrease hip fractures.

Strengthen the torso and provide more support for the spine and back.

Improve overall flexibility, posture, circulation, and increase energy.

Improve mental outlook by decreasing stress and improving sleep.



Household Tips

In *The Princess and the Pea* fairytale, the measurement of a true princess was one who was sensitive enough to feel a pea under a tall stack of mattresses. In reality, while you may have an uncomfortable bed, it is more likely due to a bad mattress than a pea. With a little mattress maintenance you, too, will sleep like royalty. Rotating your mattress will promote even wear, smooth out body impressions, and increase the mattress life. One-sided mattresses (supportive foam and fiber on one side only) are engineered for convenience and should not be flipped. Turn two-sided mattresses four times a year, alternating with the rotations. To track the schedule, label one end of the mattress with January (written right side up) and April (written upside down), and the other with October (right side up) and July (upside down). Use a scrap piece of lightweight cloth (cut from an old white t-shirt) held in place by safety pins.

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SUMMERWOOD

The Foundry Church's Craft Show and Tea Room

A Shopper's Heaven on Earth! The Foundry United Methodist Church will host over 100 vendors at its annual Judy Dierker Craft Classic on Saturday, October 21, 2006, 9 a.m. to 4 p.m. You'll find terrific values on a wide array of goods, including handcrafted items, fall & Christmas specialties, gourmet baked goods, children's toys, clothing, jewelry and more in a fun and friendly marketplace. You can also shop The Foundry General Store where every cent you spend benefits local and foreign missions. And, when you're hungry, be sure to stop by our Texas Tea Room, open 11 a.m. to 2 p.m., and enjoy salads, desserts, and coffees. Admission to the craft show is FREE; purchase tea room tickets at the show for \$10 each (all proceeds benefiting missions). Come rain or shine! Foundry is located at 8350 Jones Road, 1-1/2 blocks north of Hwy 290. For more information, call 713-937-9388 or see www.foundryfamily.org.

Fit Facts - (Continued from cover page)

Many teachers may have boxing or martial arts training, but may not have the appropriate class experience or be properly certified by an organization such as ACE. Finally, once you understand the basics of this stress-relieving, total-body workout, you can kick your way to a new level of fitness.

Basic moves and equipment

It may seem awkward at first, but the basic moves in a kickboxing class can be mastered with time, patience and practice.

A prepared class will have mirrors, a punching or "heavy" bag and hit pads for participants to use. Here are two basic lower-body kickboxing moves that work the hamstrings, gluteals and quadriceps:

- The roundhouse kick - Starting from a basic stance (side of body facing bag, knees slightly bent, shoulder-length apart), lift your right knee and point it just to the right of your target. Pivot on your left foot as you extend your right leg. Kick the target with the top of your foot.
- The side kick - From the basic stance, pull your right knee up toward your left shoulder. Pivot on your left foot as you snap your right leg into your target. Strike with either the outside edge of your foot or your heel.



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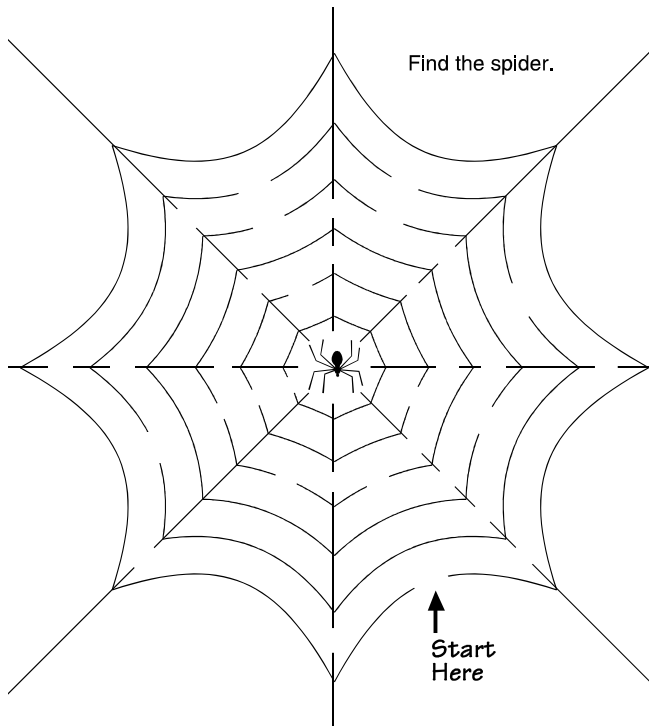
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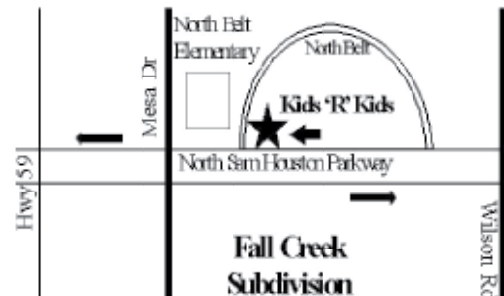
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Did You Know?

A rhinoceros beetle can support up to 850 times its own weight on its back.

Submit Information for Publication in the Newsletter

Please help fill the Summerwood Community Association newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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- Please support the businesses that advertise in the Summerwood Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for ad information and pricing.

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\$170 - 199,999	4	4	1	2	5	3
Under \$170,000	4	1	1	8	4	3
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Shalene Fox
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