

# SENDERA

Volume 6, Number 3

March 2011  
Sendera Homeowner's Association

## Official Community Newsletter

### Sendera Recreation Committee News

*Submitted by Suzann Vera*

The Sendera Recreation Committee is looking forward to hosting exciting neighborhood events again in 2011 including the annual BBQ and Chili Cook offs, Easter Egg Hunt, Family Fun Run, Neighborhood Garage Sales, and Halloween & Christmas decorating contests.

Be informed- get on the Recreation Committee e-mail distribution list to receive monthly updates by contacting Suzann at [suzannchili@sbcglobal.net](mailto:suzannchili@sbcglobal.net) 291-0714 or Sharon at [Sharon.boatwright@amd.com](mailto:Sharon.boatwright@amd.com) 653-5554.

### MARCH 2011

- **MARCH 3** - Recreation Committee: 6:30 PM @ 8817 Whitworth Loop
- **MARCH 10** - Sendera Book Club: 7:00 PM (location on website)
- **MARCH 17**, Sendera Garden Club: 6:30 PM (location on website)
- **MARCH 29**, HOA Annual Meeting: 7:00 PM @ Bethany Lutheran Church

### MARK YOUR CALENDARS!

- There will be a Recreation Committee meeting Thursday March 3rd at 6:30pm at Suzann's 8817 Whitworth Loop to review 2011 budget, make final plans for garage sale, and make decisions about Egg Hunt. Bring a neighbor and join us!
- March 14-18 AISD Spring Break!
- March 17 Happy St. Patrick's Day
- Friday April 8 and Saturday April 9 The Spring Sendera Neighborhood Garage Sale will be held from 8:00-1:00. An ad will be placed in the Austin American Statesman and on Craig's list. If you choose to participate on either/both day(s) have your items out by 8:00 A.M. All participants are encouraged to hang at least 1 sign.
- Saturday April 16 The Sendera Easter Egg Hunt will be held at the playscape by the pool from 11:00 A.M. – 1:00 p.m. The Coordinators for each age category are needed: contact Sharon at 653-5554cell or 602-0136wk if you are available to help. Details in April's newsletter.
- Don't miss the Sixth Annual Sendera Memorial Day Weekend Barbecue Cook off and Fair to be held by the pool/playscape area. Wait 'till you see what Sendera's got cooking on Sunday May 29, 2011. Check April newsletter for details Family Fun Run "Run Into Summer" – see April newsletter for details.

### Minis & Friends

#### *Little Horses, Big Hearts*

*Submitted by Sally Iwanski*

Minis and Friends (a 501(c)(3) non-profit) was founded in 2007 by a group of friends who wanted to share their love of miniature horses and the gift they knew the minis could offer individuals with special needs in our community through miniature horse assisted activities. Three co-founders, Sally Iwanski (Austin- Sendera), Candy Delleney (Georgetown) and Ellen Wetherington (Bellville) along with four miniature horses created a unique model with their mobile mini ambassadors, and invited others with miniature horses to join the non-profit, train with them and become part of a growing charity that does not charge a fee – most visits are free!

Almost every Saturday, the miniature horses load up into mini-vans, custom built mini-trailers and SUVs and travel to shelters for abused and neglected children and youth, residential treatment centers for children and youth with

*(Continued on Page 2)*

## 2011 BOARD OF DIRECTORS

<b>Eric Steen, President</b> .....	512-799-4422
.....eric_steen@kolarmail.com	
<b>Drew Crosby, Vice President</b> .....	512-592-9868
.....akcrosby@ft.newyorklife.com	
<b>Rick Perkins, Treasurer</b> .....	512-291-9362
.....insuranceinfo@yahoo.com	
<b>Sally Iwanski, Secretary</b> .....	512-292-8746, mailbox 3
.....siwanski@live.com	
<b>Gary Trumbo, Director at Large</b> .....	512-292-9291
.....trumprop@juno.com	

## 2010 COMMITTEE CHAIRS

### ARCHITECTURAL

Gary Trumbo, Chair .....	512-292-929
.....trumprop@juno.com	
Tom Franke, Co-Chair .....	tom.franke@ci.austin.tx.us

### COMMUNITY RELATIONS

..... TBA

### LANDSCAPING

Vic Booth .....	landscaping@senderahoa.com
-----------------	----------------------------

### NEIGHBORHOOD RELATIONS

Drew Crosby .....	512-592-9868
.....akcrosby@ft.newyorklife.com	

### NEWSLETTER EDITOR

Pamela Kurburski .....	512-940-8430
.....newsletter@senderahoa.com	

### POOL

Ron Urias, Co-Chair .....	512-923-1988
.....rurius@farmersagent.com	
Rick Perkins, Co-Chair .....	512-291-9362
.....insuranceofaustin@yahoo.com	

### RECREATION

Suzann Vera .....	512-291-0714
.....suzannchili@sbcglobal.net	
Sharon Boatright .....	512-653-5554
.....sharon.boatwright@amd.com	

### SECURITY

Veronica Ferren, Co-Chair .....	512-203-7461
.....veronica.ferren@ci.austin.tx.us	

### WEBMASTER

Sally Iwanski .....	webmaster@senderahoa.com
---------------------	--------------------------

## ASSOC. MANAGER

Jessica Bishop, Property Manager  
Goodwin Management, Inc.  
11149 Research Blvd., Suite 100; Austin, TX 78759  
Phone: 512-852-7918 • Cell: 512-771-7911  
Fax: 512-346-4873  
Jessica.Bishop@Goodwintx.com  
<http://SDR.Goodwintx.com>

## HOA WEB SITE

**Sendera HOA Web Site:** [www.senderahoa.com](http://www.senderahoa.com)

## NEWSLETTER INFO

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
Article Submissions .....	newsletter@senderahoa.com
Advertising .....	advertising@PEELinc.com

### Minis & Friends - (Continued from Cover Page)

emotional and mental disorders, residential facilities for the mentally challenged, schools for the blind and deaf, neuro units, homeless shelters, cancer children, juvenile diabetes and Down's Syndrome organizations, nursing homes and hospice, and anywhere the little horses and mini donkeys could make a difference. Here are some examples of the impact these interactions can have.

Horses are prey animals and therefore somewhat cautious of new situations. Well, there isn't a lot of difference between them and abused kids in that way. They've been abused, belittled, and perhaps worst of all, neglected in a way children should not be neglected. The volunteers with Minis and Friends showed the kids something very different, that is, that they deserve to be treated well and to receive pleasant surprises like this visit.

Cashew visited a woman with Alzheimer's in a hospice in Georgetown. She was non-responsive with little or no eye contact. She did not stand on her own. As a young woman, this lady had ridden horses so we thought that with a visit with Cash, she might respond. The senior was in her wheelchair when we got there and had her eyes closed with fisted hands. Cashew went up to her and the aid who helped her stand up said with surprise, "She is standing on her own." She opened her eyes and touched her hands to Cashew's forelock. She held on to it for several minutes. Her son would take her hands and touch them to Cashew's coat and hair. It was an awe-inspiring sight between horse and mother and son!

MasterCard led his handler down the road separating them from the end of the parade. He went over to a senior man sitting in a wheelchair and promptly put his majestic head in the man's lap.

*(Continued on Page 3)*

## Minis & Friends - (Continued from Page 2)

The man was blind and disabled and was startled at the sudden pressure in his lap. The handler said "Would you like to pet my horse?" and the old man said "A dog?" "No sir, a horse, and he wants to be with you." The old man nodded and as the handler helped him put his gnarled hand on MasterCard's mane and head, his gentle face was lit by a beautiful smile.

With the beginning of 2011, Minis and Friends now has 9 members and 16 minis throughout Austin, Cedar Creek, Cedar Park, Georgetown and Round Rock. Our outreach continues to grow as new potential mini-owners join us

With increasing costs we must find donors/sponsors for our visits. Sponsorships begin at \$50 - \$250 depending on location and length of visit, or if the visit is in support of another non-profit event. This year, visits are planned to all 3 local shelters - Austin Children's Shelter, Helping Hand Home, Settlement Home for Children; Dell's

Children Medical Center Blood and Cancer Unit, Marbridge, Austin State Supported Living Center, LifeWorks, Center for Child Protection (support events), SafePlace, Garrett's KidStrong, Meridell Achievement Center, Cedar Ridge Alzheimer Special Care Center, Bastrop Nursing Home and many more.

Visit our website at [www.minisandfriends.org](http://www.minisandfriends.org) to find out how you can help the organization stay on their mission of bringing indescribable smiles, hope and healing to the many children, youth and seniors they visit regularly on weekends.



# Finally...

A DHL Authorized Shipping Center® in Southwest Austin!



International Shipping to Over  
220 Countries and Territories!



## ..... Mail & More .....

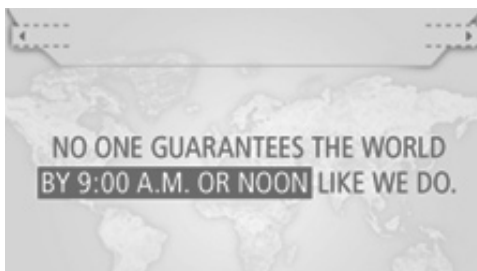
9901 Brodie Lane, Ste 160, Austin, TX 78748 • 512.282.1115

[www.mailmoreaustin.com](http://www.mailmoreaustin.com)

### STORE HOURS

Monday-Friday 10 AM - 6 PM

Saturday 10 AM - 3 PM



We accept DHL regular account drop-off letters and packages at no charge unless additional packaging is required.



## Tools for a Healthy Lifestyle: Part III

### *The Tool of Setting SMART Goals*

by Sarah S. Jordan, MS

2010 is history along with the holiday parties, endless activities, and sweets galore! This is the time of year when many of us tend to lose sight of our fitness and healthy eating goals and just say "I will get back on track in the new year." And then we wonder why the scale is showing a number higher than we remember it being not so long ago.

In my previous articles in this series, I identified "commitment" and "time management" as the first tools for healthy living. The next tool is in "setting SMART goals." People set goals all the time, but following through and achieving those goals is a whole different ballgame. In order to see results and accomplish the goals we set for ourselves, we first need to set SMART goals.

#### **SMART Goals encompass the following:**

##### **"S:" Specific**

The goals we set should specifically state what it is that we want to accomplish. They should be very clear. Instead of saying, "I want to be more fit," we should say, "I want to devote 30 minutes Monday through Friday to cardiovascular exercise."

##### **"M:" Measurable**

Our goals must be measurable so that we can track our progress and savor our successes! Instead of saying, "I want to lose weight," an example of a specific and measurable goal would be, "I want to decrease my percent body fat by 4% and lose 10 pounds by March 1st."

##### **"A:" Attainable**

This is where many of us fall short. We have the best of intentions and truly want to achieve our goals, but many times they are simply not attainable. These goals should not be so easy that we reach them immediately, but they should not be so difficult that we fail to reach them after working hard, as feelings of failure can result. A goal

should stretch you a bit so you feel you can reach it, but you know that it will require a commitment from you. Set several small goals, and as you reach them, savor the success and increased motivation that they bring!

##### **"R:" Realistic**

Realistic does not mean "easy." It means "do-able." Instead of saying, "I will not eat sweets for three months," we might say, "I will eat two more servings of fruit each day and try to replace sweets with them as often as possible." It makes me laugh when people see me enjoying a vanilla latte from Starbucks and they say, "You're a fitness gal... I didn't know you ate stuff like that!" Yes, I am a fitness gal, but I am also human. I enjoy sweets just like anyone else, but I do so in moderation, and I know that I have a workout coming up soon and that I will make smart decisions the rest of the day. In my younger days, I tried giving up sweets for Lent or not eating after 9pm... and every time I failed because those things were not realistic for me. So now instead of thinking, "Restrict, restrict, restrict," I think, "How can I make the best decision this very moment?"

##### **"T:" Time-Bound**

Time-bound goals include specific targets for completion. These targets should help you stay focused and track your progress as you work toward your goals. An example of a time-bound goal would be, "I will follow a training plan this spring so that I may complete my first 5K in May."

Setting goals is such an important thing in life, whether it be for work, in raising our children, starting a business, or just getting things done in the daily grind. Let's take it one step further and set SMART goals, work hard to accomplish them, and savor our successes! Small successes can equal huge victories over the long run. Here is to living SMART in 2011!

 <h2>Create Balance</h2> <h3>Fitness &amp; Wellness</h3>	<p>Create Balance is a new fitness &amp; wellness company helping families have fun and get fit! Wellness to us is not just exercise but finding the balance in our life as well!</p>  <p><i>Let's get your family Moving!</i></p>	<p><i>Life is a balancing act!</i></p>  <p><b>NOW ENROLLING FOR APRIL 2011</b> Teddy Bear Yoga (for kids ages 5 -12) Walk, Jog &amp; Run Outdoor Boot Camp</p> <p><b>TO REGISTER</b> (Limited space available): <a href="http://www.createbalanceaustin.com">www.createbalanceaustin.com</a> or 512.785.5775 Classes located in South Austin</p>
---	--	---

## Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

### Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

### Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged

to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

### Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!

You can have **STRAIGHT TEETH**  
by your **NEXT CLEANING**



At Circle C Dental, we now offer 6 month smiles cosmetic braces in addition to the many other services we offer including same visit tooth colored crowns, CariFree cavity risk assessment and more! By your next cleaning, you can have the beautiful and straight teeth that you have always wanted! Please give us a call at 512-301-2483 (BITE) for a free consultation regarding 6 month braces or any other dental question.

**Q:** How can teeth be straightened in only six months?

**A:** As an adult, your back teeth are in a stable and comfortable position: you bite and chew without problems right? So, why spend 2-3 years moving the back teeth around, when we can just focus on your front teeth and provide you with a great smile in 6 months!\*

**Q:** Six months sounds good, but will I still have a mouth full of metal for the whole time?

**A:** No! This is nothing like the metal-mouth braces that you imagine! Using clear brackets and a tooth colored wire, the braces are almost invisible.

For more information, please visit our exclusive website: [www.Austin6MonthSmiles.com](http://www.Austin6MonthSmiles.com)

\* Results typically seen in 6 months, but time frame may vary.

**512-301-BITE (2483) [www.CIRCLECDENTAL.com](http://www.CIRCLECDENTAL.com)**

9600 Escarpment Blvd. Ste 770 | Austin | Texas 78749 Conveniently located near Slaughter & MoPac

# Healthy Skin STARTS HERE



**EVANS**  
DERMATOLOGY  
PARTNERS



**Colby Evans MD and Amy McClung MD**

*Board Certified by the American Board of Dermatology*

*with Eryn McIntyre PA-C and Lindsey Detwiler PA-C*

Skin Cancer

Acne

Eczema

Botox®

Psoriasis

Rosacea

Chemical Peels

Restylane®

*Same day appointments often available*

**512.280.3939**

**evans-dermatology.com**

**In South Austin near the  
intersection of Brodie & Slaughter**

## Align Your Work Values with Your Career

*By Amy Wolfgang, M.Ed.*

What is your ideal job? How do you make that determination? Many people are unhappy with their current career but are unsure what will make them happy. When individuals want to understand why they are unhappy in their current career the first area to examine is their work values.

Work values are characteristics of the activities and opportunities in a job that help make performing the job a satisfying experience. Examples of work values include: variety in work tasks, job security, ability to travel, recognition, etc. When you are evaluating your own career or making a decision on a new career, it is important for you to assess how your work values align with the career you are considering.

### *Action Steps*

#### **Identify Your Work Values**

Before you can begin evaluating your work values, first you must identify them. What are the top 5 – 10 work values that are important to your career satisfaction? Sometimes it is hard to think of what we need, although it can be easy to identify what we do not like in a career. Think back to those times that you may have been upset about your career situation. For example, the time when you did a lot of work on a project and no one recognized it. This could mean that recognition is an important work value to you. What if you are unhappy in your current career because every day you complete the same tasks as you did the week before? This could mean that variety is an important work value for you.

*To get you started, here are samples of some work values that might be important to you:*

- Variety of Work
- Autonomy
- Flexible Hours
- Education/Training Opportunities
- Workplace Environment
- Status of Job
- Pay/Salary
- Recognition/Praise
- Opportunities for Advancement
- Socialization/Interaction

#### **Rank Your Work Values**

Now that you have identified the items that are important to you in a career, you will need to rank them in order of importance. No one job may be able to meet all of your work values, however, a job that is a good match for you should be able to meet your most important ones.

*(Continued on Page 7)*



## Align Your Work Values with Your Career -


(Continued from Page 6)

### Evaluate Your Current Job

Now that you know which values are the most important, ask yourself this question: Is your current job meeting your work values? If it's not, don't worry. It does not mean that this isn't the right career for you. It does mean that some things need to change in your job for you to achieve greater satisfaction. This may provide a great opportunity for you to speak with your supervisor about ways some of your work values can be met.

For example, if you value creativity, but always seem to be completing the tasks rather than helping to develop the solutions, talk to your supervisor about potential projects you can assist with on the creative side. If you value learning, then identify areas that seem interesting to you and ask your supervisor about helping in those areas so you can learn new skills. These tactics are also a great way to show your company that you are committed and capable.

**NOT AVAILABLE  
ONLINE**



**AUSTIN TELCO**  
FEDERAL CREDIT UNION  
**WWW.ATFCU.ORG 302.5555**

21 Metro Locations • Free Checking • 250+ Free ATMs

### Low-Rate Mortgage Loans



Contact our Mortgage Specialist, Mark Crowley, at 302.5555 x7388.

### Automobile Loans

New Vehicles

**2.85%\***

Up to 66 Months

Used or Refinanced

**3.35%\***

Up to 60 Months

### Home Equity Loans

**4.09%\***

5 Year Fixed Rate

**4.39%\***

10 Year Fixed Rate

**21 Metro Locations**  
Free Checking - 250+ Free Atms



\*Annual Percentage Rate. All rates are expressed "as low as". Actual rate may vary depending on credit qualifications. Rates and terms are subject to change without notice. Austin Telco Federal Credit Union is federally insured to at least \$250,000 per member by the National Credit Union Administration.

**PEGGY  
WEST** PROPERTIES



Specializing in Sendera since 1998  
\*Sendera Resident

*"I know every floor plan and  
every upgrade your home has to offer"*

*Why call anybody else?  
No one knows Sendera like Madeline!"*



Call for a FREE  
no obligation CMA  
(512) 291-4400



**Madeline Mansen**

Madeline@peggywest.com  
(512) 291-4400

www.peggywest.com



**JOIN US FOR GOLF  
AND A GREAT CAUSE!**

**DATE:** Wednesday, April 13th  
11:00 am Registration - 1:00 pm Start  
**LOCATION:** Flintrock Falls Golf Course  
**FORMAT:** 4-person scramble  
**COST:** \$165 per golfer\*

\*Includes lunch, dinner, shirt & goodie bag

Please join us for the 3rd annual  
Colin's Hope Classic charity golf tournament  
and help prevent childhood drownings.

**Special Guest Emcee** will be **Bob Fonseca**  
of the 93.7 KLBJ FM Dudley & Bob Morning Show

Register online now at:  
**[www.colinshope.org](http://www.colinshope.org)**  
**Email:** [alissa.magrum@colinshope.org](mailto:alissa.magrum@colinshope.org)



**COLIN'S HOPE**

**[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)**

## FINANCIAL FOCUS

### *Are Your Investments Getting Enough Exercise?*

Now that spring is here, you may find it easier to get outside to run, bike or take part in other physical pursuits that you enjoy. As you know, the more active you are, the more efficiently your body will work. And the same can hold true for your investments — the more exercise they get, the more potential to work on your behalf.

Just how do investments get “exercise”? Through lots of activity. And you can keep your investments active in at least two ways: through systematic investing and through dividend reinvestment. Let's take a look at both these techniques.

When you engage in systematic investing, commonly called “dollar cost averaging,” you are continuously putting your money “in motion.” Essentially, you put the same amount of money into the same investments at regular intervals. So, for example, you might decide to invest \$100 per month, in Company ABC stock. To impose this investment discipline on yourself, you could even have the money sent directly from your checking or savings account.

Of course, since the price of ABC stock, like that of all stocks, is constantly changing, your \$100 investment will buy different numbers of shares each month. This can work to your advantage, because when the stock price of ABC goes down, your \$100 will buy more shares. When the price goes up, you'll automatically be a smart enough “shopper” to buy fewer shares, just as you'd typically buy less of something when its price goes up.

Over time, systematic investing typically results in an average cost per share that's lower than it would be if you were to make sporadic lump sum investments. If you can lower the cost of investing, this may help boost your investment returns. This also can be an effective way to fund your retirement account(s) each year. (Keep in mind, though, that even systematic investing can't guarantee a profit or prevent a loss in declining markets. Also, you'll need to have the financial resources available to keep investing through up and down markets.)

*(Continued on Page 9)*





## Financial Focus - Are Your Investments Getting Enough Exercise? - (Continued from Page 8)

Dividend reinvestment is similar to systematic investing in that it allows you to build more shares of an investment. But when you reinvest dividends, you don't even have to take money from other sources to increase your shares — you simply have to request that a stock or a mutual fund, instead of paying you a dividend in cash, reinvest the dividend right back into that same stock or mutual fund. It's an effortless way of adding shares. Similar to dollar-cost averaging, dividend reinvestment imposes an investment discipline on you — you automatically keep putting money in the market during up and down periods. (Keep in mind that dividends can be increased, decreased or totally eliminated)

Exercising your investment dollars in these ways can help you go a long way toward keeping your portfolio in good shape — enabling you to make healthy progress toward your important long-term goals.

### Classified Ads

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

At no time will any source be allowed to use The Sendera Newsletter'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 the Pine Brook Periodical is exclusively for the private use of the Pine Brook 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.

## Oak Hill United Methodist Church Welcomes



## THE AFRICAN CHILDREN'S CHOIR

Sunday, March 13, 2011



The choir, composed of 15 children from Uganda and Kenya, will perform a free concert of English and African music on Sunday, March 13 beginning at 6 p.m. in the Sanctuary at Oak Hill United Methodist Church.



7815 Hwy. 290 W., Austin, TX 78736

Join us **SUNDAYS** for Vibrant Worship  
with Inspiring Music and a Positive Message

**8:45 A.M. Blended Worship Service**  
**10 A.M. Pathways Contemporary Praise Worship Service**  
**11:15 A.M. Traditional Worship Service**

Oak Hill United Methodist Church is located on Hwy. 290, just west of the Hwy. 290/Hwy. 71 split ("the Y") in Oak Hill. We are directly across from the ACC Pinnacle Building. Visit our website at [www.oakhillumc.org](http://www.oakhillumc.org) or call 288-3836 for more information.

## Tips to Turn Your Walk Into a Workout

By Sarah S. Jordan, MS

Walking is a great mode of exercise because it requires no equipment, it is low-impact, and something that many people can do regardless of their fitness level or experience.

### Benefits of Walking

Any movement is good movement and the same is true for walking. Like other forms of exercise, walking can help you improve cholesterol levels, lower blood pressure, control weight, improve mood, decrease stress, and it also provides numerous other health benefits. Here are some tips to turning your walk into a workout.

### Get the Goods

Proper footwear is essential for any kind of exercise. It is important to select shoes with good arch support and soles that absorb shock and provide cushioning. If you are unsure about fit, Austin has several local shoe stores that will personally fit you to a new pair of sneakers.

Choose clothing that is comfortable to move in and that you feel good wearing. Dress in layers if the weather is cool so that you can adjust as needed during your workout. And take a bottle of water

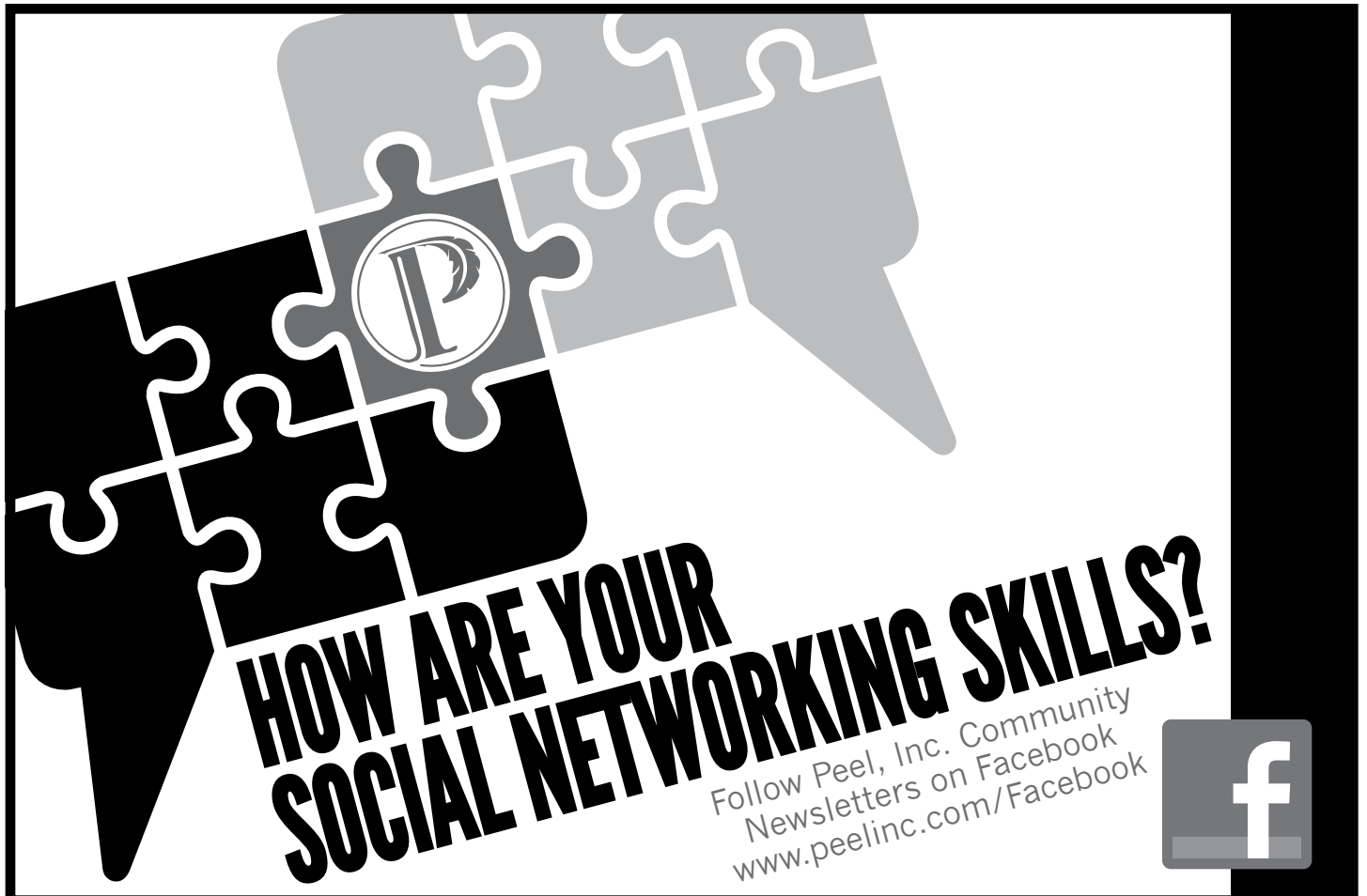
along so that you can hydrate along the way. You may find that taking an iPod along will help keep you motivated.

### Walking for Fitness: Proper Speed and Technique

Although the act of walking is simple, walking for fitness takes more effort, attention to speed, and technique. In order to get the most out of your walking workout, the speed should be brisk and above your "stroll in the park" comfort level. Also, your heart rate should be elevated. A good estimate: 10 - 15 heartbeats in a 6-second pulse count. (Multiply that number by 10 to get heartbeats per minute.) Strike the ground with the heel and drive off from heel-to-toe in order to effectively engage the muscles of your lower-body.

A few minutes after starting your walking workout, take a moment to stretch the calves, quadriceps, and hamstrings. Hold stretches for several seconds (with no bouncing) on each side. After your workout, reward your muscles and improve flexibility by taking a few minutes to stretch. Hold stretches longer here because muscles are warm and can make gains in flexibility at this point.

*(Continued on Page 11)*



**HOW ARE YOUR  
SOCIAL NETWORKING SKILLS?**

Follow Peel, Inc. Community  
Newsletters on Facebook  
[www.peelinc.com/Facebook](http://www.peelinc.com/Facebook)

## Tips to Turn Your Walk Into A Workout -

(Continued from Page 10)

### Just Getting Started?

If you are new to exercise, it is important to check with your doctor before starting an exercise program. Start slowly and gain confidence before adding distance. For example, you might try walking 10 minutes in one direction and 10 minutes back. Slowly build up to 15 minutes in one direction and 15 minutes back. Over time, build up to 2-3 miles or 40-60 minutes of walking at a brisk pace most days of the week.

### A Seasoned Walker?

If you have been walking for quite some time, you may be looking for something new to add to your walking workout. With a few quick additions, you can further challenge and tone muscles and increase the intensity of your workouts.

- **Add speed.** Turn your walk into a speed walk. Engage the arms and the core muscles.
- **Incorporate intervals.** Walk for five minutes. Do an interval for two minutes. Repeat. Intervals can include things like walking lunges, moving side squats, push-ups, and jogging.
- **Hit the hills.** Adding an incline will increase intensity in a hurry!
- **Add resistance.** Use a weighted backpack or vest. Or push your child in the stroller. I did not realize just how much weight I was

pushing when I exercise with my son until I did the math recently. He is 25 pounds, and the stroller is 15. That extra 40 pounds adds great intensity (and a whole lot of cuteness) to my workouts!

*If this is the year that you have devoted to improving health, walking is a great way to start! Remember... "The journey of a thousand miles begins with a single step."*



What's on your  
to-do list this  
month?



Change Your World - sundays @ 10 am

THE RADIANT CHURCH | WATCH LIVE services Sunday mornings or view any time at [www.ghbc.org](http://www.ghbc.org)

Sunday Morning Schedule 10:00 - Worship | 8:30 & 11:30 - Bible Life Groups (all ages)

Great Hills Baptist Church | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763





**PEEL, INC.**

308 Meadowlark St.  
Lakeway, TX 78734-4717

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

SN

**ADVERTISE**  
*Right on mark  
for your  
target audience*  
**Call Today 512-263-9181.**

**PEEL, INC.**  
community newsletters

[www.PEELinc.com](http://www.PEELinc.com)  
512-263-9181