

## 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:

1. Any physical activity is better than no physical activity
  - Includes people with disabilities
  - Far outweighs the possibility of risk of injury or illness
2. Most health benefits occur with at least 150 minutes a week
  - Both aerobic (endurance) and muscle-strengthening (resistance) are beneficial
3. For most people, additional benefits occur when
  - You increase the intensity of your physical activity
  - You increase the frequency of your physical activity

- You increase 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.

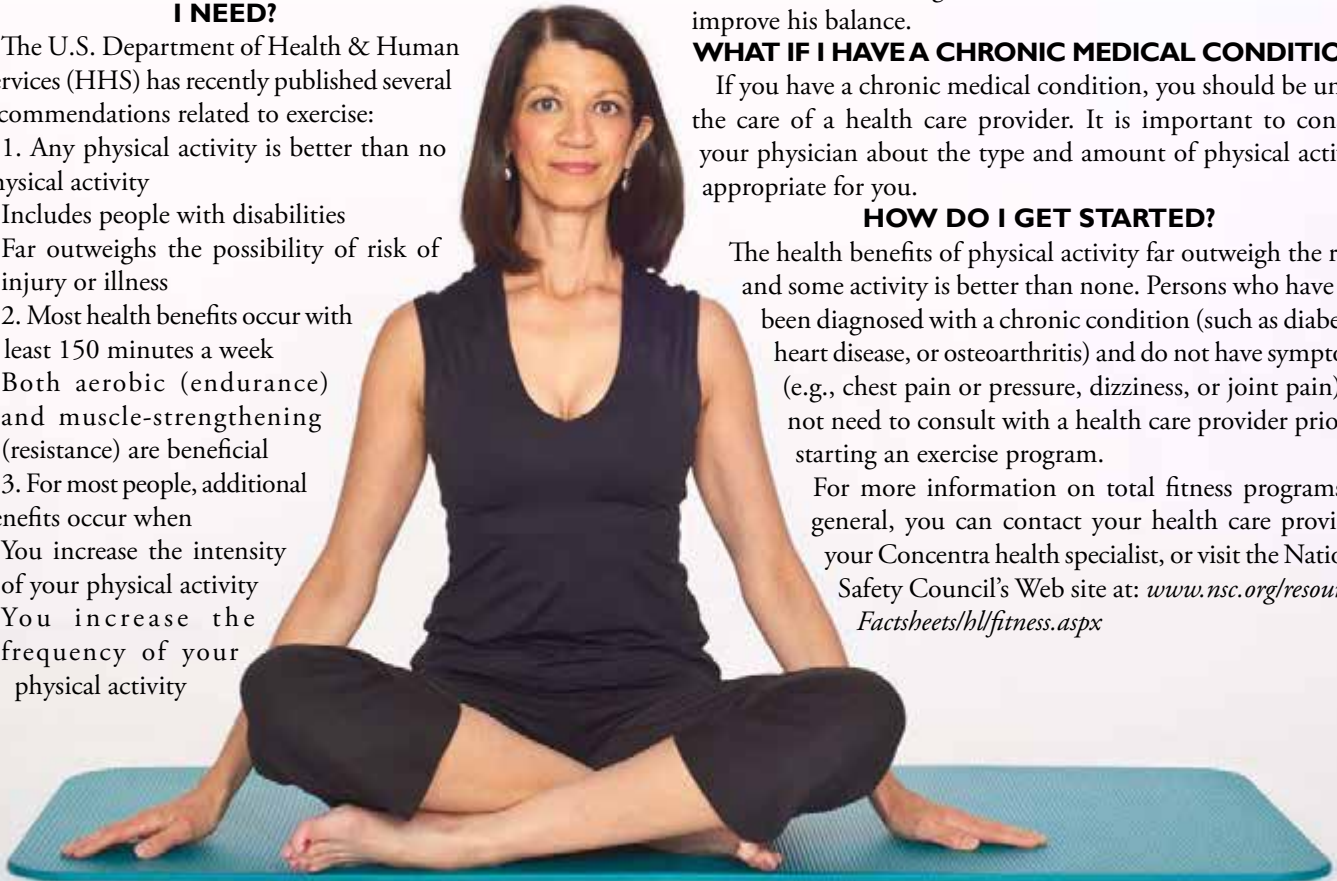
#### **WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?**

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: [www.nsc.org/resources/Factsheets/hl/fitness.aspx](http://www.nsc.org/resources/Factsheets/hl/fitness.aspx)



# Willowbridge - Stonebridge

## IMPORTANT NUMBERS

All Emergencies.....911  
Harris County Sheriff..... 713-221-6000  
Harris County Animal Control ..... 281-999-3191  
Cy-Fair Hospital..... 281-890-4285  
Street Lights & Outages - CenterPoint Energy 713-207-2222  
CenterPoint Energy..... 713-659-2111  
Newsletter Publisher  
Peel, Inc. .... www.PEELinc.com, 888-687-6444  
Advertising.....advertising@PEELinc.com, 888-687-6444  
Poison Control Center ..... 800-222-1222  
AT&T - Repair ..... 800-246-8464  
Billing ..... 800-585-7928  
Swimming Pool - Pay Phone ..... 281-469-9004  
Swimming Pool - Lifeguard..... 281-517-0225  
Trash – Royal Disposal & Recycle ..... 713-526-1536  
Vacation Watch - Harris County District 5 .... 281-290-2100  
W. Harris County MUD #11..... 281-807-9500  
Willow Place Post Office ..... 281-890-2392  
Willowbridge Website ..... www.willowbridgehoa.com  
Cable/Internet/Phone...COMCAST ..... 713-341-1000

## ASSOCIATION DIRECTORY

Welcoming Committee  
Gracie Galvan ..... 281-732-0009  
Beautification Committee  
Jennifer Y'Barbo ..... jhybarbo@subhou.com  
Homeowners Association ..... 281-497-4320  
Graham Mgmt - Tracy Graham .....  
..... grahammanagement@sbcglobal.net  
Clubhouse/Reservations  
Tracy Graham ..... 281-497-4320  
Pool Parties/Tags  
PCMI ..... 281-870-0585  
Marquee Coordinator  
Barbara Lallinger..... 281-890-8464  
Newsletter Coordinator  
Kyle Survance ..... surou812@gmail.com  
Security Coordinator  
Julie Dubros..... 281-794-9032  
Website Coordinator  
Angela Doray..... willowbridgehoa@live.com  
Yard of the Month Committee  
Nominate your favorite at: willowbridgehoa.com or Contact  
Jennifer Y'Barbo ..... jhybarbo@subhou.com  
Soccer Field Reservations  
Terese Joubran ..... tmjoubran@gmail.com  
Lost Pet Coordinator  
Sonia Moore ..... msrco@aol.com, 281-955-8068

## BOARD OF DIRECTORS

Patrick Smith ..... President  
Kyle Survance..... Vice President  
George Schaudel ..... Treasurer  
Julie Dubros ..... Director  
Jennifer Y'Barbo ..... Director

## HOA INFORMATION

Willowbridge Homeowners Association Inc. - Graham Mgmt  
Tracy Graham ..... 281-497-4320  
E-Mail ..... grahammanagement@sbcglobal.net  
Fax ..... 281-870-1654  
If you have any questions or comments regarding the  
neighborhood please contact the numbers above.

## HOA MEETINGS

Willowbridge/Stonebridge Homeowner's Association  
meetings are held the fourth Thursday of each month at  
the community clubhouse at 7:00 pm.

## WELCOMING COMMITTEE

The Welcoming Committee meetings are the last Monday  
of each month.

## HARRIS COUNTY ROAD AND BRIDGE

To report street or curb damage, missing/damaged street  
signs and street flooding: (281) 353-8424 or www.hcp4.net.  
If a resident wants to request a new sign or replace a  
damaged one, they have to go online and fill out a request.



## Housing Needed *for International Students*

Looking for Volunteers! I am reaching out to the community looking for volunteers to house an international student for this fall semester or school year. The students are 15-18 years of age and are from over 60 countries with arrival in late August. The students come medically insured and bring their own spending money. You are responsible for providing a bed and meals in your home. The student will go to the local high school. It is a great opportunity to help a young teen and your community.

Jennifer Tausworthe  
CCI Greenheart  
713-203-6556  
jennifer4cci@aol.com

## Willowbridge Soccer Field

### *Rules and Reservations*

- Groups or organizations with salaried employees will be charged \$50 per hour for use of the Soccer Field.
- Charitable Groups with Non-salaried volunteers with at least 60% of participants being Willowbridge/ Stonebridge residents will be allowed to use the field at No Charge for seasonal re-occurring events on a case by case basis, decided by the HOA Board.
- The Soccer Field will still be available for Resident birthday parties by reservation.
- Other single use events, by Residents, will be reviewed by the HOA Board on a case-by-case basis.
- -Teams will clean up all trash and water bottles on the field.
- Must Complete application and attach team roster with names and addresses of players.
- Teams must share the fields if another team has requested to play at the same time.
- Teams may not practice after dark.

*To reserve the soccer field, contact Terese Joubran at  
tmjoubran@gmail.com.*



**UNIVERSITY of HOUSTON**  
NORTHWEST CAMPUS

## DID YOU KNOW...

University of Houston is the **ONLY** Tier One  
Public Research University  
in the Greater Houston Area?

Complete Your Degree In:

- Communications (B.A.)
- Mechanical Engineering Technology (B.S.)
- Organizational Leadership & Supervision (B.S.)
- Psychology (B.A., B.S.)
- Retailing & Consumer Science (B.S.)
- Supply Chain & Logistics (B.S.)
- Global Business (Minor)

832-842-5700 UH.EDU/NORTHWEST NORTHWEST@UH.EDU  
FACEBOOK.COM/UHNORTHWEST @UHNORTHWEST



# Willowbridge - Stonebridge

## Drowning Is **Preventable**

The Texas weather is warming up. Summer is almost here. Pools will soon open and the cool water will be calling your name. You can almost hear your kids laughing and the playing in the pool. Your family deserves to have many Best Day Ever moments in the water this summer. Please do not let those moments be ruined by the sound of a life guard whistle blast or the need to do CPR in order to save your child's life. Most families love a trip to the swimming pool, the lake or the beach during the summer...but the water can be deadly for a child.

Did you know that drowning is a leading cause of accidental death for children between the ages of 1 and 14, with kids under the age of 5 at even higher risk?

Colin Holst's parents did not know either. Sadly, June 13th marks the 5 year anniversary of his drowning in a public, lifeguarded pool in Austin. Since Colin's drowning in 2008, Central Texas-based Colin's Hope has become a nonprofit leader in water safety and drowning prevention.

My name is Alissa Magrum and I am the Executive Director of Colin's Hope. But I am also a parent to 8 year old Ella. So, from one parent to another, please listen to this message. It is simple but filled with purpose: DROWNING IS PREVENTABLE. YOU can help protect your children. Following a series of simple water safety tips creates multiple layers of protection. These layers WILL keep children safer in and around the water and CAN prevent drownings.

### **THE FIRST 3 OF THESE TIPS ARE KEY.**

**Practice constant visual supervision.** Always assign an adult "water guardian" whose ONLY responsibility is to watch children who are in, near and around the water. If that water guardian needs to take a break, they must transfer their "watching" duty to another adult.

**Learn to swim.** Enroll children (and adults too) in formal swim classes. For kids under the age of 4, taking formal swim lessons reduces the risk of drowning by 88%.

**Wear life jackets.** Children who cannot swim should ALWAYS wear a U.S. Coast Guard-approved life jacket when in and around the water.

You can see additional tips, as well as more information on water safety and drowning prevention, on our website at [www.colinshope.org](http://www.colinshope.org).

Each year, Colin's Hope volunteers stuff and distribute 75,000 water safety packets to families in zip codes that have been targeted due to the high number of near drownings and drownings in recent years. This life saving information along with a Peel Inc. ad campaign, a Reagan National Advertising billboard campaign and a presence at many community events is helping to raise water safety awareness to prevent children from drowning.

**WE ALSO NEED YOUR HELP. PLEASE SHARE THIS INFORMATION** with family, friends, neighbors, teachers, babysitters...everyone! We have seen the difference that being aware and being prepared can make. Communities that have received our water safety information in prior years have seen child drownings and near drownings in their areas reduced to zero!

Please visit [www.colinshope.org](http://www.colinshope.org) to find out how you can get involved in your own community. Find us on Facebook, follow us on Twitter, subscribe to our monthly newsletter or even support our efforts with a donation.

We envision a world where children do not drown. Please share that vision and together we will get there.

*Wishing you the SAFEST AND BEST SUMMER EVER,  
Alissa Magrum Executive Director, Colin's Hope*

# Make an impact.

Call today to reserve this space.



**PEEL, INC.**  
community newsletters

**512-263-9181**



## CONTROL YOUR WEIGHT, MINIMIZE CANCER RISK

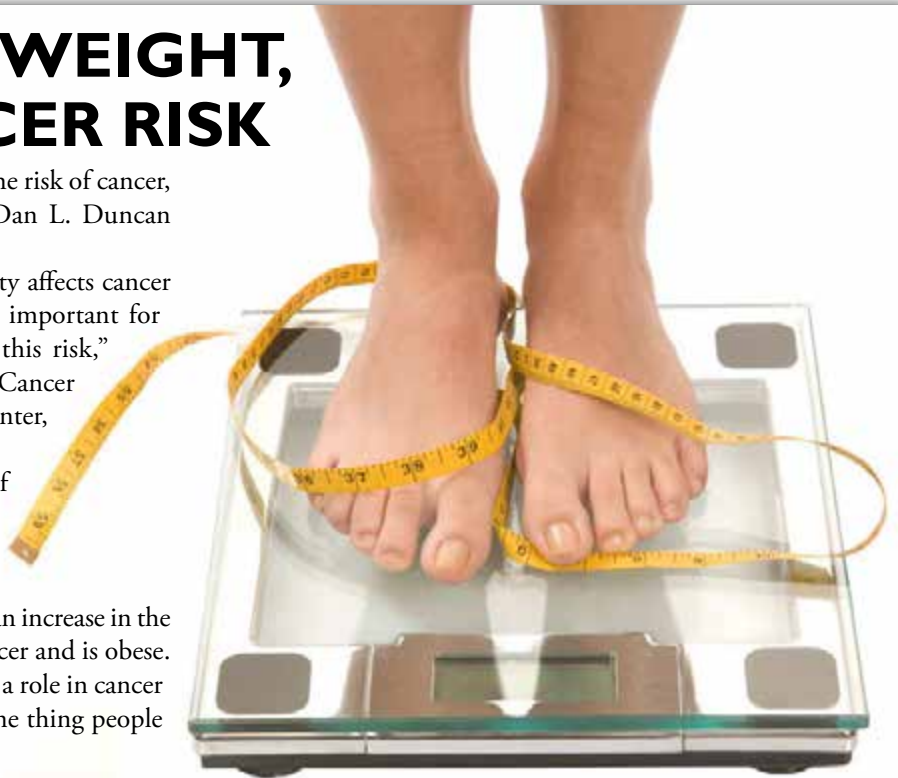
Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.



# MOMS DESERVE THE VERY BEST

Make Mom's special day even better!  
With over \$2 billion sold and over  
2000 cars to choose from, nobody  
does it better than Texas Direct Auto.  
*We make buying and selling fun!*



## TEXASDIRECTAUTO.COM



# Willowbridge - Stonebridge

**NOT AVAILABLE  
ONLINE**

At no time will any source be allowed to use the WillowTalk 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 the Willowbridge-Stonebridge Homeowners Association and Peel, Inc. The information in the WillowTalk is exclusively for the private use of Willowbridge-Stonebridge residents only.

**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.

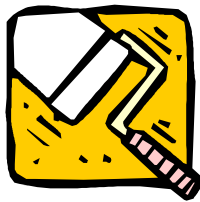
## **Bashans Painting & Home Repair**

**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
- Trash Removal
- Pressure Washing
- Ceiling Fan/Light Fixtures
- Fence Repair/Replacement

**References Available • Fully Insured  
NO PAYMENT UNTIL COMPLETION**  
[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)

## Spring sale on all car loans!

RATES AS LOW AS  
**1.99% APR\***



ENERGY CAPITAL NCUA

7 locations in Houston • [www.eccu.net](http://www.eccu.net) • 832-604-4545

# ADOPTION COALITION OF TEXAS

## Marcus

05/1997

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) or by phone: 512-450-8750.



## DIRECTV is rolling out the RED CARPET

**VIP** Pricing exclusively for Residents

**DIRECTV**  
Prices starting at  
**\$29.99**

**FREE 5 tuner Genie HD/DVR**  
Instant rebate on all packages  
Record, watch and playback in  
HD from any room

**FREE Installation**  
Up to 3 **FREE** additional  
HD client boxes  
**FREE HBO, Cinemax, Starz**  
& Showtime for 3 months

Mention this ad for your VIP deal.  
**CALL NOW!**

**1.888.799.0512**



## GRACIE GALVAN

**Realtor**

SRES, CHMS, & ALHS Specialist

**RE/MAX**

Professional Group

[galvangracie@hotmail.com](mailto:galvangracie@hotmail.com)

**Direct: 281-732-0009**

**Office: 832-478-1246**



*Area resident for 17 years.*

### SELLING YOUR HOME

- Free Market Analysis

### BUYING A HOME

- Free Home Search Service

**LOOK NO FURTHER FOR GREAT  
CUSTOMER SERVICE AND PUT  
EXPERIENCE TO WORK FOR YOU!**

*Member of HAR/MLS service*

*Always working for you!*





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

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

WB

## THE DAVID FLORY TEAM

RE/MAX Professional Group

832-478-1205

[WWW.FLORYTEAM.COM](http://WWW.FLORYTEAM.COM)

281-477-0345



**HAPPY  
MEMORIAL DAY!**



Each Office Independently Owned and Operated

*Thank you "Flory Team" for selling our home in 3 days at the listed price.  
We appreciate the hard work, dedication and professionalism your entire  
staff has shown us throughout the process.*

*- The Piperatos -*

**#2 Realtor in Houston & Texas\***

\*Realtor Teams per RE/MAX 4th Quarter 2011, 2nd Quarter 2012