



## A NEWSLETTER FOR TOWNE LAKE RESIDENTS

JANUARY 2014

VOLUME 3, ISSUE 1

# A FOCUS ON RESOLUTIONS

## RESOLVE TO BE A BETTER YOU

*By: Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes.

Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

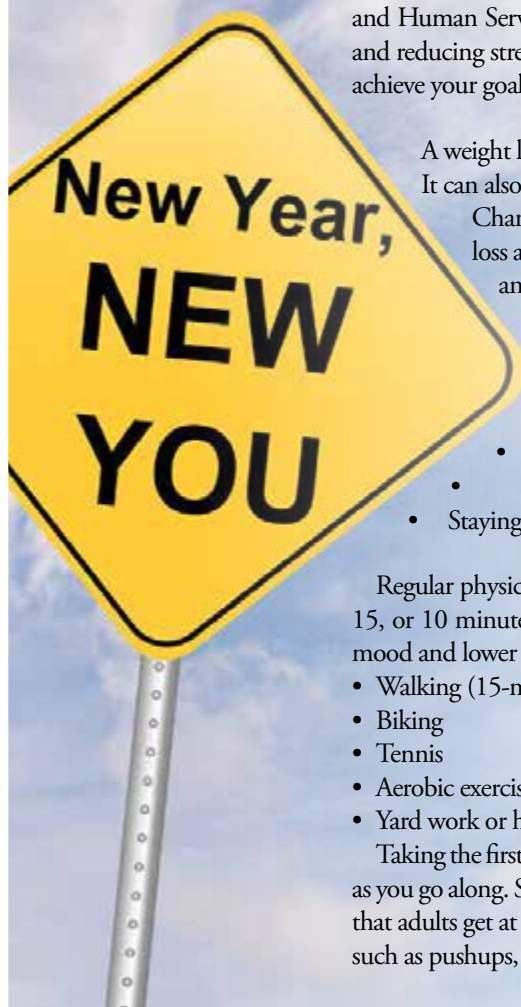
- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and hydrogenated oils
- Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.



## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Constable .....	281-376-3472
Sheriff - Non-emergency .....	713-221-6000
- Burglary & Theft .....	713-967-5770
- Auto Theft .....	281-550-0458
- Homicide/Assault .....	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit .....	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues .....	713-881-3210

### SCHOOLS

Cypress Fairbanks ISD Administration .....	281-897-4000
Cypress Fairbanks ISD Transportation .....	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School .....	281-373-2300

### UTILITIES

CenterPoint Energy.....	713-659-2111
Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
Waste Management - Trash .....	713-686-6666

### OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department .....	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

### NEWSLETTER PUBLISHER

Peel, Inc. ....	1-888-687-6444
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Please support the advertisers that make the *Tribune* possible. If you are interested in advertising, please contact our sales office at 1-888-687-6444 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for consideration please email it to [townelake@peelinc.com](mailto:townelake@peelinc.com). The deadline is the 9th of the month prior to the issue.




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**Allison Arthur**  
M.D.



**Christy T. Knowles**  
P.N.P



**Alyssa Kuban**  
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*from*

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*Your Neighborhood Report*

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2012	98	\$165,000	\$636,399	\$319,086	93

\*Based on HAR.com through December 1, 2013



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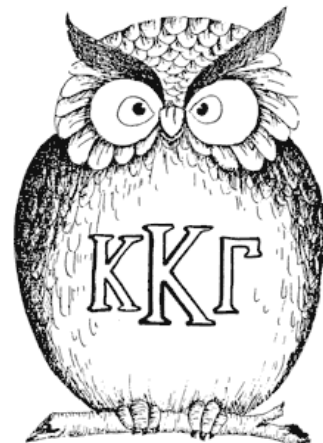
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on this or future events &  
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Businesses of the community are encouraged to support a representative for membership in Kiwanis. We welcome business and organization representatives as well as individual memberships.

Regular meetings of the club will occur on January 7, 14, and 21 at the Hearthstone Country Club at 12:15

p.m. We invite you to be our guest for lunch and fellowship and for informative programs. For more information, call John Carroll at 281-463-0373,

George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127.

We welcome your visit at our Club meeting and your consideration of membership in our service organization. Join Now.

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## Elisha Roberts Chapter

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For more information, please contact the chapter Regent, Cheryl Partney at [cpart86@comcast.net](mailto:cpart86@comcast.net) or by phone at 832-654-0306. We look forward to meeting you.

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