

# Windermere



NEWSLETTER

May 2014

Volume 8, Issue 5

## 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 and muscle-strengthening 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.

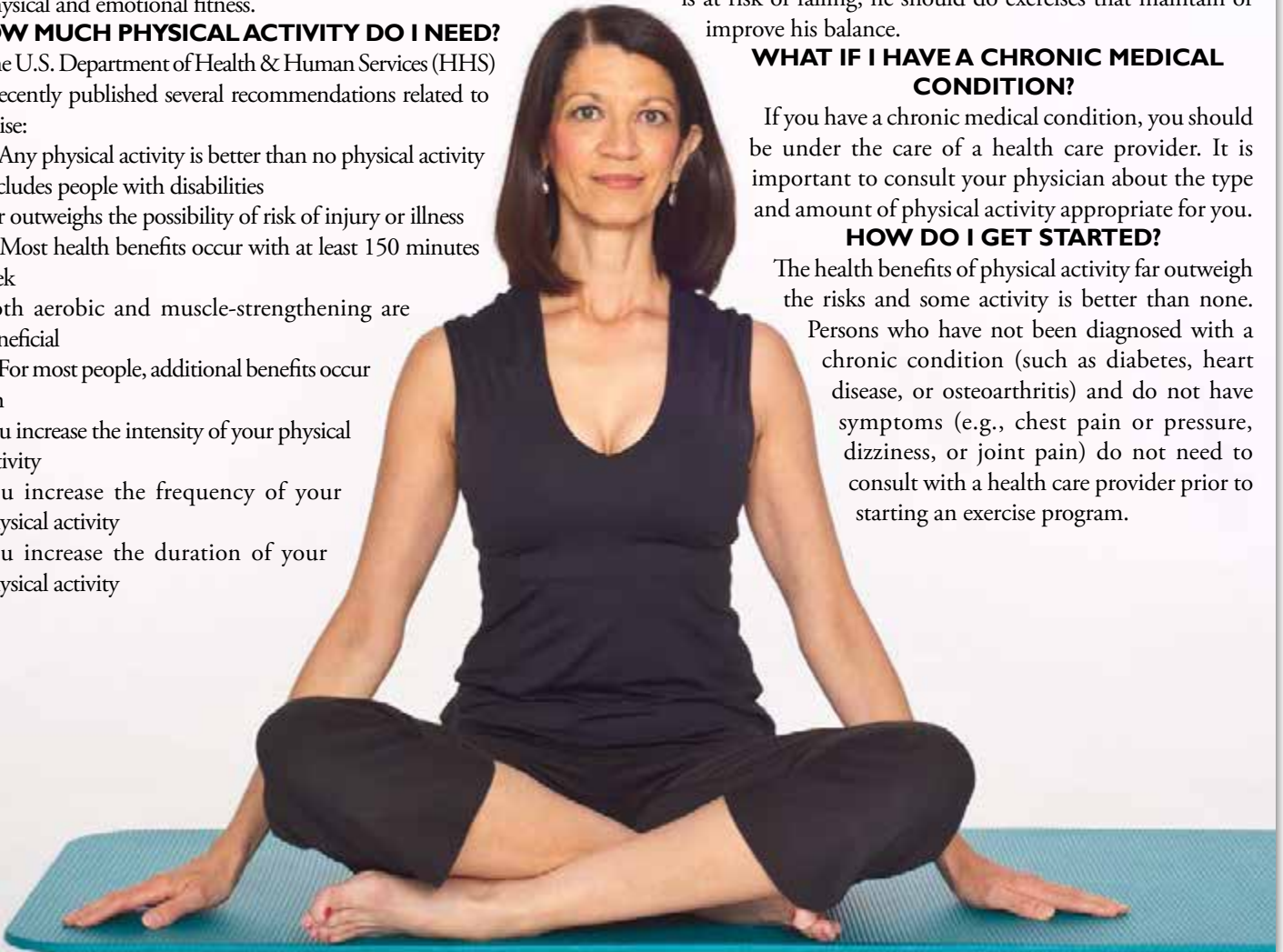
### **WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?**

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.



## IMPORTANT NUMBERS

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Waste Management/Trash .....713-686-666

## NEWSLETTER INFO

Editor..... windmerelakes@peelinc.com  
Publisher  
Peel, Inc. ....www.PEELinc.com, 888-687-6444  
Advertising.....advertising@PEELinc.com, 888-687-6444

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## SAVE WATER

### Every Drop Counts!

Spring is here and so is our rainy season. The city of Houston ranks second in the state, after Port Arthur, for total rainfall inches. Out of 48" of rainfall last year, 5.15" fell in May and 5.35" fell in June. With our growing population and limited supply of both groundwater and surface water, we must use water wisely. Rainwater harvesting is an innovative approach anyone can use, and it is good for your landscaping. Rainwater is free of salts and other minerals that harm root growth. It percolates into the soil and forces salts down and away from root zones. This allows roots to grow better and makes plants more drought tolerant. Whether your landscape is large or small, developed or new, now is the time to prepare to catch our rainwater by installing a rainwater harvesting system. Harvesting rainwater saves money on your water bill, reduces demand on the municipal water supply, and reduces flooding and runoff which causes erosion and contamination of surface water. Request a free copy of the *Rainwater Harvesting* brochure, prepared by AgriLIFE EXTENSION at Texas A&M, at our website [www.KeepCyfairBeautiful.org](http://www.KeepCyfairBeautiful.org).



## LEARN TO TURN STRANGERS INTO VIP CLIENTS MAY 22

*CYFEN welcomes international speaker, radio host, author Tonya Hofmann*

Don't miss this unique opportunity to increase your business as Tonya Hofmann shares tips on turning strangers into clients at the Cy-Fair Express Network (CYFEN) luncheon May 22.

CYFEN's keynote international speaker wears many hats such as host of "Change Your World" radio show and author of two books: "A Client a Day the Coffee Shop Way!" and "Change Your World". She is also a profit strategist, corporate and entrepreneurial educator, CEO and founder of the Public Speakers Association as well as recipient of the International eWomenNetwork conference 2008 Business Matchmaker of the Year Award. In addition, she was not only nominated for the Most Connected Person in Dallas by the Small Business Conference as well as Austin's Business Journal's Profiles in Power; she has been nominated for the upcoming 2014 Global Connector of the Year Award for the Sales Strategy Summit.

Join Hofmann, who is always focused on helping business professionals become more successful in sales, marketing and standing out from competition, at CYFEN's special extended networking and lunch. Networking will begin at 10:30a.m. with the program starting at 11a.m. sharp.

All are welcome to attend the monthly meetings of CYFEN, which are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$35 for non-members with advanced reservations made by May 15 and \$40 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to [www.CYFEN.org](http://www.CYFEN.org).

### **ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)**

The Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition.

### **ABOUT AMERICAN BUSINESSWOMEN'S ASSOCIATION**

ABWA's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



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## KIWANIS CLUB OF CY-FAIR HOUSTON

What is Kiwanis? Here are a few facts about the International and local organizations. Kiwanis clubs, located in 80 nations, help their communities in countless ways. Each community's needs are different—so each Kiwanis club is different. By working together, members achieve what one person cannot accomplish alone. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. When you give a child the chance to learn, experience, dream, grow, succeed and thrive, great things happen. To do this, many clubs also sponsor Kiwanis family clubs—K-Kids for primary school children; Builders Clubs for adolescents; Key Clubs for teens; CKI clubs for university students and Aktion Clubs for adults living with disabilities. Through these outreach activities, Kiwanis is able to reach more people and have a greater service impact on their communities.

No two Kiwanis clubs look exactly the same. Each member's and community's needs are different, and each club should look different. Some clubs are very traditional, with weekly meetings and a strong sense of history. Other clubs don't meet at all, and instead hold meetings online

and only come together for service projects. Newer Kiwanis clubs help their communities in countless ways. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and by attending district and international conventions.

Houston has several Kiwanis Clubs located throughout the city so that you may find a Club near your home or your place of business. The Cy-Fair Club is located in the Cypress-Fairfield community; however, the membership extends beyond those boundaries. It was founded in 1985 and will celebrate its 29th birthday on May 6 at our regular meeting at the Hearthstone Country Club at 12:15 pm.. You are cordially invited to attend and learn more about the services we render in the community. Lunch will be served. Please call George Crowl at 832-467-1998. Other meetings in May will be held on May 13 and May 20, same time and place. Your visit is always welcome.

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## COLIN'S HOPE

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### May is National Water Safety Month

**Ongoing:** Volunteers needed to stuff & distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Now-June 21:** Donate \$30, get a free Schlitterbahn ticket. [www.tinych.org/tickets](http://www.tinych.org/tickets)

**May 5th:** Otter Spotter Day Storytime at Backwoods Austin from 10:30am-11:30am

Volunteer - Donate  
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**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



STEP 1



STEP 2



STEP 3



STEP 4

## The Modern Game: The Top Spin Forehand

In previous newsletters, I offered tips on how to execute the basic strokes for players who are starting to play tennis or who want to get back into the game.

From this newsletter on, I will be offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Spin Forehand. This shot is used when a player is now hitting the ball long and out. The ball will be aimed high over the net and hit with power. The ball will have a “top spin” so that when the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise.

In the illustrations, Danny Rodriguez, Director of the Pre-Advanced Tennis Program at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. This shot can also be executed from the service line as an “approach shot” to the net.

Step 1: The Ready Position: When Danny prepares to hit

a forehand top spin, he will change his grip toward the “semi-western” or “full western grip” (The palm of the hand is flat on the handle). His knees are slightly flexed and his eyes are focused on the oncoming ball.

Step 2: The Back Swing: Danny is now ready to perform the shot. The head of the racket is now above his head, his shoulders are turned, the left hand is in front to help him keep the center of gravity in front, and he has loaded his weight to the back foot. His grip is relaxed and his wrist is “laid back” to allow maximum point of contact.

Step 3: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle. Danny started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing the ball as he makes contact with it. His left shoulder is almost opening and his weight has now been shifted toward the front.

Step 4: The Follow Through: Notice Danny’s finish above his left ear and his elbow pointing toward his target. He has now shifted his weight on his right foot and is ready to shuffle back to his home base.

*Look in the next Newsletter for: “The Modern Game: The Backhand Top Spin”*

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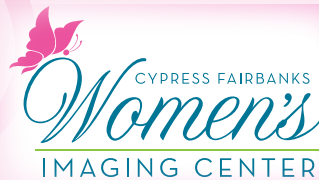
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