

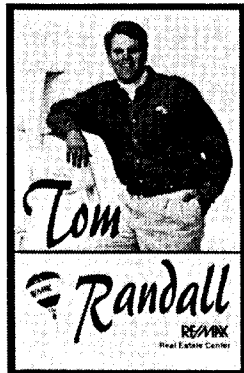
This newsletter is provided to you courtesy of your neighbors:

Tom & Michelle Randall
RE/MAX Real Estate Center

Jana & Steve Finnegan
Your Writer, Custom Invitations

This newsletter is not associated with, nor endorsed by, the Northridge Homeowners Association.

*"Your Northridge
Specialist and
Neighbor"*



Northridge News

Ames, Iowa 50014

Northridge News

Number 8

March 1996

Quarterly

A Walk A Day....

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies. An 8-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised!

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

A walking program is simple to start. All you need are comfortable clothes and shoes. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them.

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

1. **Walk short distances. Begin with a five-minute stroll and gradually increase your distance.**
2. **Forget about speed. Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.**
3. **Swing your arms naturally, and breathe deeply. If you can't catch your breath, slow down or avoid hills.**
4. **Be sure you can talk while walking. If you can't converse, you are walking too fast.**

Don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But, the best schedule is one that keeps you walking and keeps you fit!

Courtesy of: Tanya Hargrave-Klein, Ames Parks & Recreation

F.Y.I.

- * Thanks goes out to **Wendy Reger** who submitted a question regarding how long the **Northridge walking paths** actually are. We called the Ames Parks and Recreation Dept. to find out, and much to our surprise, they are shorter than we thought. If you think of the paths as a figure eight, the East loop is seven-tenths of a mile, the West is one-half a mile and the entire outside loop is nine-tenths of a mile.

Northridge Happenings!

We'll be offering this section as a vehicle for you to send out a notice to our Northridge Neighbors regarding up-coming events. Feel free to include any personal invitations, announcements, or even community organization events you might be involved in. Call Jana at _____ to submit information.

- * **Annual Meeting of the Northridge Homeowners Association.**
March 21st, 7:00 p.m. at the Ames Public Library. Attendance was slim at best last year. Mark your calendars to attend or your vote doesn't count. Try to attend and make a difference.
- * **The Northridge Ladies Luncheon** has been scheduled for the last Saturday of every month, meeting at the Garden Cafe at 11:30 p.m. You can call Lois Pedigo at _____ (work), or _____ (home) for reservations.

Homeowner's Association Board Members

Jane Cunningham, Pres	Dave Haynes
Anne Martin	Kevin Keefe
	Carroll Marty

SERVICES!

Babysitters

Justin Hamilton -
Kristen McGeeney -
Erin Maysent -
Pooja Kanwar -
Christina Bitz -
Ryan Haynes -
Manisha Gadia -
Jeremy Stephenson -
Elizabeth Torres -
Kyle Youngberg -
Eric Weber -
Lovre Franicevic -

Lawn Care/Snow Removal

Justin Hamilton -
Curt, Justin & Bryan McGeeney -
Andy Maysent -
Garrett Burrier -
Ryan Haynes -
Adam Finnegan
Arno Sandoval -
Jeremy Stephenson -
David Torres -
Kyle Youngberg -
Eric Weber -
Lovre Franicevic -

Pet/House Sitting

Pooja Kanwar -
Ryan Haynes -
Manisha Gadia -
Nishant Parulekar -
Curt & Justin McGeeney -
David Torres -
Kyle Youngberg -

Handyman/Carpentry

Dan Johnson -
Delbert Johnson -

House Cleaning

Ryan Haynes -
Professional House Cleaners:
Sharon Ingebritson -

Wallpapering

Nancy Brousard -
Pat Long -

Tutor

Kristen McGeeney -
(5-10 yr. olds)

Novelty Flower Gardens

Kathy Bates -

- * **Please contact Jana Finnegan to remove your name from this list.**

If you missed the opportunity to fill out this questionnaire, feel free to do so at this time and return to Tom Randall at _____ if you or any family member is interested in providing any of the following services.

Babysitting-Name	Phone _____	Age _____
Pet/Housesitting-Name	Phone _____	Age _____
Mowing-Name	Phone _____	
Car Pooling-Name	Destination _____	Phone _____
Piano Lessons/Misc	Name _____	Phone _____
Snow Shoveling-Name	Phone _____	
House Cleaning (Teens Welcome)-Name	Phone _____	
Tutoring-Name	Age _____	Subjects _____
Handyman/Carpentry-Name	Phone _____	
Painting/Wallpaper-Name	Phone _____	
Other-Name	Phone _____	Service _____

Please don't limit yourself to the titles we have provided. Please use the "Other" heading for any services you are willing to provide or any services you are in need of so we can assist you.

Please contact: Tom or Michelle Randall, Steve or Jana Finnegan if you have anything you would like to contribute to the newsletter! Your input is sincerely welcomed and appreciated!