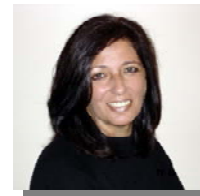


Rolling Ridge Neighborhood Networking Newsletter

Lisa Phillips 812 Rolling Ridge Circle Simpsonville, KY
Winter edition 2006
lisa.phillips@coldwellbanker.com



Got the Winter Blues? Exercise Tips

**Call one of our
friendly neighbors for
these services...**

**Mary Cook - House
Cleaning Service
321-1335**

**Gary Douthitt -
Drywall Service. For free
estimates 722-9804**

**Landscaping, mulching-
Scott Chappell 321-1335**

**Baby sitting-or- Dog
walking Hailey and Alli
379-4704**

**Advertise Your busi-
ness here... FREE in
the next issue!!**

*"He who has health has hope, and
he who has hope has everything."*

Every winter I seem to do the same thing, hmmm it seems to be a pattern. From Thanksgiving to Jan 1st that evil 10 lb weight gain. Well here are a few tips that I will be putting into action, and I hope that they might help someone in our neighborhood too!

1. Move more eat less...

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends. Anything that moves your limbs is not only a fitness tool, it's also a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. If you walk our neighborhood, it is 2.8 miles around from your front door, to your front door. *Yes, I measured it!!* 15 min moderate walking will burn 52 extra cal*

*<http://www.weightlossresources.co.uk>

2. To Diet or not to Diet...

Fat free, no carbs, low carbs, what should you do? The best advice I know is find out what works best for you and stick with it. If you absolutely love pasta, rice and bread, why torture yourself and go on a low carb diet? Start a diet of low fats instead. Have cereal with fat free milk, potatoes with no butter, add salsa or ketchup. Salads and vegetables with fat free dressings. Toast in the morning with jelly no butter.

If you go the low carb way, no pasta, or sweets. Low carb breads. Plenty of chicken, fish, lean meats, cheeses, vegetables with butter, salads with ranch or blue cheese dressing, sugar free jello with cool whip, and nuts.

Whatever you choose to do, make it a lifestyle. Continuing the same routine of eating less fat or less carbs, and exercise more and we will all be healthier. Best of luck & I hope to see less of you this spring!

Homes sold in Rolling Ridge

1601 Boxwood Ridge Ct.-1,900 sqft-\$143,000-DOM-58
105 Rolling ridge Way-1,327 sqft-\$124,500-DOM-39
1400 Maple Ridge Ct-1,700 sqft-\$129,000-DOM-43
243 Rolling Ridge Way-2,076 sqft-\$139,000-DOM-89
1005 Ironwood Ct-1,303 sqft-\$140,000-DOM-129
215 Rolling Ridge Way-1,575 sqft-\$143,000-DOM-16
1206 Evergreen Way-2,445 sqft-\$150,000-DOM-55
1513 Cedar Ct-1,277 sqft-\$131,000-DOM-157
237 Cedar Ct-1,200 sqft-\$133,000-DOM-140
1502 Cedar Ct-1,300 sqft-\$138,000-DOM-56

HOMES "FOR SALE" IN ROLLING RIDGE

- 1215 EVERGREEN WAY-\$144,000
- 1409 MAPLE RIDGE CT-\$186,000
- 1507 CEDAR CT-\$167,000

**CALL ME FOR ALL YOUR
REAL ESTATE NEEDS**



Lisa Phillips 419-8593

Call me for a free Comparative Market Analysis (CMA) on your home. Do you know what your house is worth in today's market?...I do, call me to schedule your free CMA.

Lisa Phillips 419-8593 - cell or 329-0624 - voicemail