



GAIL & INGRID'S...
MAY NEWSLETTER
 Monthly Tips & Timely Advice!

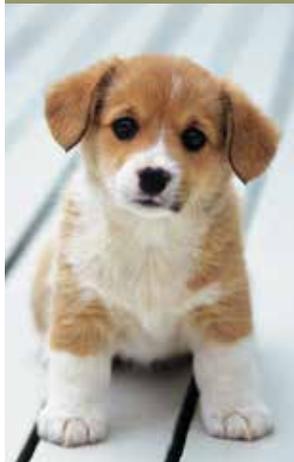


Water Efficient Fixtures and Appliances:

Water may seem like an endless resource, but according to the Environmental Protection Agency (EPA), only 1% of our planet's water is potable. Installing water-efficient appliances is not only the right thing to do—it may significantly reduce your water bill.

When purchasing toilets, faucets, and showerheads, look for the WaterSense label, indicating water efficiency. According to the EPA, WaterSense labeled toilets could save a family of four \$2,000 in water bills over the life of the toilets. Efficient showerheads reduce consumption by 25–60%, and the right faucet can reduce a sink's flow by 30% or more.

Puppy Love: How pets keep us healthy



Humans began domesticating dogs at least 8,500 years ago. The cat is a relative newcomer, joining forces with humans around 3,600 years ago in Egypt. Studies find that pet owners experience less stress and better overall health, and children raised in homes with furry friends show greater signs of empathy. On a biochemical level, cuddling with a pet causes your body to release Oxytocin, the hormone responsible for bonding, building trust and feelings of well-being.

So if you haven't hugged your pet today, take a moment and snuggle up to Fido or Fluffy. Your mental health may get a boost!

Weight Training for Overall Fitness



Weight training can increase bone density, help maintain flexible joints, and help keep weight under control. You may experience health benefits from lifting weights just two to three times per week, 20-30 minutes per session.

So what is the "proper weight?" It's the amount that will tire your muscles after 12 to 15 repetitions. Combining weight training with aerobic workout can provide noticeable results. Of course, you'll want to check with your healthcare provider before beginning a new exercise routine

Empower Your Kids:

If you have a child over the age of 5, Babble.com offers an excellent tip. Take them through each step in their morning routine and have them write down a schedule so they know where they should be, at various times, during their preparation process. This will teach them time-management skills, help prevent dawdling, and allow you to get them out the door on time!



Experience isn't expensive... it's PRICELESS!

Gail Steinberg

(818) 728-2211
 Gailsteinberg411@gmail.com
 www.GailSteinberg.com
 Cal BRE Lic. #01055710



Ingrid Sacerio

(323)333-7018
 Ingridsacerio@gmail.com
 www.IngridSacerio.com
 Cal BRE Lic. #01905431

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