

## Gail & Ingrid's TIPS FOR AUGUST



# It's back to school time already.

It seems like it gets earlier every year. Los Angeles Unified begins Tuesday, August 12 this year and many of the colleges start about the same time. Back to school is the second biggest spending spree of the year. The average parent with kids in grades K-12 will spend \$688 on clothing, supplies and electronics for the new school year. But experts say if you shop early and keep to your budget, you can come in under this figure.

## Our brains tend to shrink as we age

but you can help keep your brain plump and young by just walking a mile a day. In a medical study, people who walked 6 to 9 miles each week preserved significantly more gray matter as they aged compared with their more sedentary peers. In the study, not only did the walkers have less brain shrinkage, but it also translated into a two-fold reduction in their risk for cognitive impairment. Researchers also looked at the benefits of physical activity in people already suffering from cognitive impairment or Alzheimer's disease and found that a mere 5 miles a week of walking seemed to slow progression of the condition. Although the study didn't prove that physical activity was the direct cause of the brain benefits, similar studies have shown that aerobic exercise boosts both the production and the survival of new brain cells.



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Protecting your privacy is always important



and one of the most important ends to that goal is a strong password. It should be more than eight characters in length and contain at least one capital letter and one numeric or other non-alphabetical character. Best of all is non-alphabetical words.

## Featured Property 11555 Kelsey Street Studio City



### *'Prestigious Colfax Meadows'*

5 bedrooms, 5 1/2 baths, Media Room, Wine Cellar, Office, 4 fireplaces, Casita, Over 5900 sq. ft., Pool and Spa, Outdoor BBQ, 15,750 sq. ft. lot

**Offered at \$4,295,000**



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