

## Fast Facts-

Daylight savings time begins Sunday, **March 13<sup>th</sup>**- Don't forget to spring your clocks forward an hour! (Of course, this also means it's time to **change your furnace filter AND check the batteries in your smoke detectors and carbon monoxide detectors.**

Please let us know immediately of any broken detectors.



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# MARCH NEWS



*A note from Cohesion Properties*

# SPRING *into* ACTION

## Five Facts to Motivate!

Last month we focused on tips to help around the house. This month we thought we'd personalize a bit and provide ideas to help motivate and move a healthier you!



### 1. Did you know that exercise prevents catching a cold?!

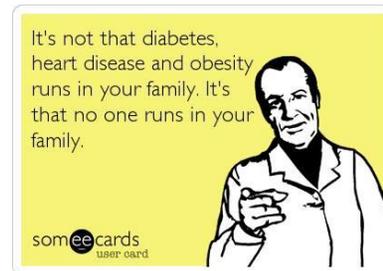
We don't typically associate regular exercise with a reduction in the number of colds people get. But researchers from the University of Carolina found that people who exercised regularly were 23% less likely to get colds than those who exercised less. And if those who exercised got colds, the symptoms disappeared more quickly than in the study participants who did little exercise.

### 2. Exercise is Nature's Stress Reliever!

Relaxation exercises will help you to ease tension and relieve headaches, backaches and insomnia. Exercise releases the body's own painkillers, called endorphins, into your system. It also helps you to gain a sense of emotional wellbeing and a feeling of being more in control.

### 3. Having Trouble Sleeping? A brisk morning walk will help you come bedtime!

Exercise during the day promotes the onset and quality of sleep, according to the South African Memory Resource Center.



### 4. Exercise is GREAT for what ails you.

Exercise reduces diabetic complications, plays a role in preventing cancer and osteoporosis, reduces the severity of asthma, and helps to manage arthritis.

### 5. Physical Activity helps inside and out.

Most people look towards exercise to simply lose weight. But the added benefits, weight loss or not, include Increasing self-esteem and self-confidence, improving your posture, protecting against injury and??? Making you look younger.



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