



July Newsletter

LOCAL EVENTS NEARBY

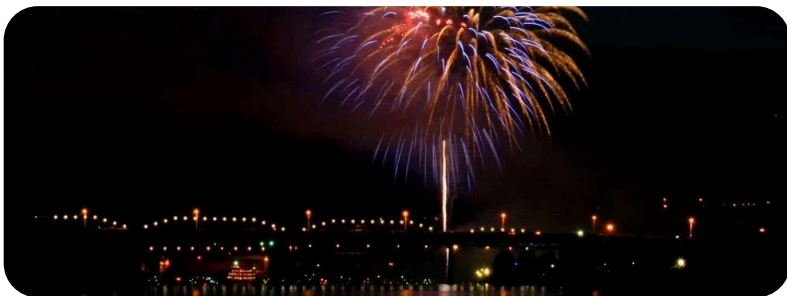


Collegedale Freedom Festival

Location: Collegedale Commons and Veterans Memorial Park

Time: July 3rd 4:00 PM - 9:30 PM (fireworks at 9:30 PM)

Enjoy live music, a variety of food vendors, and a pie tasting contest with prizes! Additional food vendors and tons of free kids' activities — including mega slides, obstacle courses, bounce houses, foam pit, sports inflatables, and face painting.



Pops on the River

Location: Coolidge Park

Time: July 3rd 4:00 PM - 10 PM (fireworks at 9:45 PM)

Join us for an unforgettable Independence Day with live music, food trucks, local vendors, a kids zone & more. Opens at 4pm, music starts at 6pm (Chattanooga Soul), symphony at 7:20pm, and fireworks at 9:45pm! Free shuttles run 4-11pm from the Unum lot. FREE event — don't miss it!



NEIGHBORHOOD ANNOUNCEMENTS

4th of July Decor - Big thank you to Sandra & Chris for decorating for the 4th of July!

Movie Night Coming Soon - Stay tuned for movie night date announcements!

Landscaping Reminder - Please remember to prune your shrubs to help keep our neighborhood looking neat and welcoming for everyone. Thank you for doing your part to keep our community beautiful!



POOL REMINDERS

Here are a few Pool Reminders to help keep our space safe, clean, and fun for everyone

- Keep music at a respectful volume
- Please avoid blasting loud music so everyone can enjoy the pool.
- Swim diapers required
- Little ones who aren't potty trained must wear swim diapers —doubling up helps prevent accidents and pool closures.
- Lower umbrellas when you leave
- Sudden storms can cause damage if umbrellas are left up.
- Clean up after yourself
- Please throw away trash, wipe down tables, and check under seats for food, crumbs, and popsicles to help prevent ants.
- Limit guest count
- To prevent overcrowding, please be mindful of how many guests you bring.
- Keep the pool house door locked
- This helps avoid trespassing. In case of emergency, you're welcome to unlock it.
- Daily pool cleaning

🎉 Hosting a Party at the Pool?

Please notify the HOA in advance:

Director of Beautification and Pool – Chris Post:
cpost007@gmail.com

Wellesley HOA President – Sandra Mansfield:
smansfield0457@gmail.com

🗑️ Take your trash home with you – The pool's trash service only runs once a week and fills up quickly after events.

🚗 Have your guests park at your house – Pool parking is limited.

✉️ Questions? Reach out to Christine at cpost007@gmail.com

CALENDAR REMINDERS



7/2 - Bulk trash Day Pickup

7/9 - Brush Pick up day

NEIGHBORHOOD BUSINESS HIGHLIGHTS



☀️ Experienced Babysitter Available! ☀️

Hey! My name is Kaylie — I'm friendly, caring, and love working with kids of all ages. I enjoy planning fun activities, doing crafts, and making sure your little ones are safe and happy.

✅ Flexible hours

✅ CPR & first aid certified

✅ References available

☎️ Text or call 423-762-4454



🐾 Loving Pet Sitter — Jordon! 🐾

Jordon is loving every moment with your sweet fur babies and staying happily busy — thanks to you!

📅 Unavailable dates:

July 6–10 (church mission trip)

July 31

Need to book or have questions?

☎️ Text or call 423-413-2101

✅ References available upon request

Thank you for trusting Jordon with your pet sitting and walking needs!

HEALTH & FITNESS



Let's Go For A Walk!

It's long been said that taking 10,000 steps per day is the key to better health, with research linking regular walking to improved cardiovascular fitness, improved sleep quality and even a lower dementia risk. However, that magic number isn't rooted in science. Instead, it began as a marketing campaign to promote a Japanese pedometer in the 1960s. And let's be real, setting aside the approximate two hours it takes to hit 10,000 steps isn't going to happen for most Americans. In surveys, almost half say they are too busy with work and other obligations to exercise at all.

Interval walking might be the solution, offering a more efficient way to achieve the health benefits typically linked to 10,000 steps a day in a fraction of the time. In a 2007 study, researchers recruited 246 adults with an average age of 63 and divided them into three groups. One group did no walking at all. Another group walked at a steady, moderate pace, aiming for 8,000 or more steps a day at least four times per week. The third group practiced interval walking by walking slowly for three minutes, then walking quickly at a hard effort for three minutes. They repeated this cycle for 30 minutes, four or more days per week. Researchers discovered that interval walking was superior to continuous walking for improving blood pressure, blood glucose levels and body mass index. It also led to the greatest improvements in leg muscle strength and aerobic capacity, which measures the maximum amount of oxygen the body can take in and use during exercise.

The low-impact regimen might even hold the key to staying in shape as you get older. A longer-term study found that Interval walking helps protect against the decline in strength and fitness that naturally comes with aging. Interval walking is "one of the most overlooked yet incredibly effective tools for improving long-term health, especially among middle-aged and older adults," Dr. Ramit Singh Sambyal. "By simply alternating between short periods of brisk walking and slower-paced recovery, we engage the cardiovascular system in a much more dynamic way," he added.

Another perk: Completing the 30-minute Interval walking routine four times a week puts you just thirty minutes short of the Center for Disease Control's recommendation that adults get at least 150 minutes of moderate-intensity aerobic activity per week. Add just one more walking session, or incorporate some other 30 minute cardio workout, and you'll be among the few Americans who actually hit that target.

Intervals push your body more than walking at a moderate, steady pace. So, they are a wonderful way to increase your fitness level and burn more calories in a shorter amount of time.

If you are walking for weight loss, interval walking can assist in reaching your goals faster. Intervals are intense bursts of vigorous exercise, so calories are burned in about half the time as steady-state workouts, according to a December 2017 study published in Biology of Sport.

"All movement is medicine, but if you're short on time or want to get the most bang for your buck, this is for you!" – Strength Training Coach Eugene Teo

Sources: NY Post; www.livestrong.com

Live your BEST life! - Cindy