

## FEBRUARY NEWSLETTER



*"Love takes off masks that we fear we cannot live without and know we cannot live within." — James Baldwin*

## FEBRUARY IS AMERICAN HEART MONTH—CELEBRATE WITH THESE HEART-HEALTHY TIPS

As the month most closely associated with romantic love, heart-shaped candies, cards, and decorations are ubiquitous in February. But while snacking on some chocolate hearts, it's important to remember a more vital observance that takes place in February: American Heart Month, which was established to raise awareness of heart disease and how to avoid it.

The statistics on heart disease are grim: it is the leading cause of death for both men and women in the U.S., and one in four deaths are caused by heart disease each year. However, the good news is that heart disease can often be prevented through lifestyle choices. Here are a few tips for boosting the health of this important organ—during February and always:

**Reduce salt intake.** High sodium consumption is linked to higher blood pressure. To add flavor to your foods, consider swapping out the salt for spices—particularly those with anti-inflammatory properties, like ginger, turmeric, garlic, and cinnamon.

**Get moving.** Regular, moderate physical activity is essential for a healthy heart. Ideally, aim for at least 30 minutes of exercise—such as walking briskly, running, swimming, or cycling—five days per week. In addition, try to avoid sitting for long periods of time. If your job keeps you at a desk all day, consider investing in a sit-stand desk or implementing walking meetings in your workplace.

**Track your stats.** Having an idea of where you stand as far as heart health is the first step to making improvements. Start a log in which you record your blood pressure, cholesterol, body

mass index, and even your dietary habits and physical activity. Set goals for yourself for improving these metrics, and monitor your progress as you work towards them.

**Manage stress.** Stress is a normal, inevitable part of life—but when managed improperly, it can erode your health and happiness over time. From quiet meditation to hitting the gym to spending time in nature, there are numerous ways to temporarily disconnect from the hectic modern world and lower stress levels. Protect your heart health by finding a method that works for you and making it a regular part of your life.

**Avoid unhealthy fats.** Not all fats are bad for your health—some may even be beneficial. Specifically, saturated fats, such as those found in red meat or full-fat dairy products, and trans fats, which often come from partially hydrogenated oils, may be harmful. On the other hand, unsaturated fats—particularly those composed of omega-3 fatty acids, which come from sources like salmon, tuna, walnuts, and flaxseed—actually improve heart health.

Sources: [healthfinder.gov](https://healthfinder.gov), [heartfoundation.org](https://heartfoundation.org), [mayoclinic.org](https://mayoclinic.org)



## ASIAN BBQ GRILLED SALMON

### Ingredients:

4 tbsp. hoisin sauce  
2 tbsp. rice vinegar  
2 tbsp. low-sodium soy sauce  
2 tbsp. mirin  
1/2 tsp. garlic chili paste  
1 tbsp. minced fresh ginger  
Zest and juice of 1/2 a lime  
1/2 tsp. garlic powder  
Vegetable oil, for brushing  
4 (4-oz.) skin-on salmon fillets  
Thinly sliced green onions, for garnish  
Sesame seeds, for garnish

### Directions:

In a large bowl, whisk together hoisin sauce, rice vinegar, soy sauce, mirin, garlic chili paste, ginger, lime juice and zest, and garlic powder.  
Preheat grill on high and brush with oil. Place salmon fillets directly on grill, skin side down, and cook, 5 minutes. Using a heavy-duty spatula, carefully flip salmon and brush with barbecue sauce. Cook another 2 to 3 minutes or until cooked through. Top salmon with more glaze, green onions, and sesame seeds to serve.

Source: delish.com



## WHAT TO KNOW ABOUT BUYING A HOME “AS IS”

Homes that are being sold “as is” may sometimes offer buyers rock-bottom prices and powerful investment opportunities—or, they can be disasters that require substantial time and money to render them habitable. As a buyer, here’s what you need to know before making an offer on an “as-is” home:

When the term “as is” is used in a real estate listing, it means that the buyer must be willing to accept the property in its current condition, waiving the right to ask the seller to make repairs or offer credits due to problems with the property.

If the entire property is being sold “as is,” there could be major defects that the seller would not be obligated to fix. For example, there could be structural problems, non-functioning systems, or the presence of asbestos or other hazardous materials.

A property may also be sold with specific components—such as swimming pools, appliances, or detached structures—listed “as is.” Since undisclosed defects are limited to the “as is” components, these situations are less risky for the buyer than when the entire property is sold “as is.”

Homes may also be sold “where is,” meaning that the buyer must accept the property in its current location. This may mean that the property is situated in a flood zone, not zoned for its current use, subject to actual or potential title defects, or plagued with other problems that impair use of the property.

Due to the potentially significant risks involved with purchasing a home “as is,” it is essential for buyers to conduct thorough due diligence. For example, consider consulting an attorney, performing a title search, having the property inspected before making an offer, and taking other steps to mitigate risk and make a well-informed decision about whether an “as is” home is a worthwhile investment.

Source: redfin.com



If you are currently working with another Broker please do not consider this a solicitation.

