

Sitting is the New Smoking

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Matson Mystery

Corner.....

Look for the answers under the Learn More section on our website! Password = journey. Click Newsletters, then Trivia Answers.

Which MFA employee passed the CFP® exam in March?

Which former MFA employee had a baby boy in November? His name is Carter!

Which MFA employee's son got engaged Christmas Eve?

For over 40 years my family and friends have vacationed on the Rhode Island beaches. Pre COVID we watched an elderly man walking the beach every early evening. Finally we asked him his story. He was 92 years old and lived by the motto "Never Stop Moving". He taught us a valuable lesson.

To back up this gentleman's claim there have been many studies on the importance of moving. "Sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting. We are sitting ourselves to death," says James Levine, a professor of medicine at the Mayo Clinic.

What happens after just 30 minutes of sitting?

Metabolism slows down 90% and the muscles in your lower body are turned off.

After 2 hours of sitting, good cholesterol drops 20%, the body is less sensitive to insulin and causes calorie-burning to plummet.

Another study out of the Mayo clinic found that people who logged 4 or more hours of screen/TV time outside of work, had a 125% increased risk of cardiovascular events, including a heart attack.

The National Institute of Health published a study in 2013 that claimed the amount of time sitting was a more important factor for preventing diabetes compared to the amount of time spent exercising.

Researchers in Australia found that adults who sat for 11 or more hours a day had a 40% increased risk of dying within the next three years, compared to those who sat for four hours.

What can we do?

If you are working at a desk job, consider a standing desk. Invest in exercise equipment. Instead of sitting in a conference room, walk and talk. Drinks lots of water = more trips to the bathroom!

Dr. Mike Evans, a staff physician at St. Michael's Hospital conducted a research study and found:

Participants with arthritis in the knees had a reduction in pain by 47%

Participants reduced progression to Alzheimer's and dementia by 50%

Participants at high risk for diabetes reduced progression by 50%

Treatment reduced anxiety by 48%

What was the treatment? Walking. 30 minutes. 3 times per week.

Sources: Levine, J "Sitting is more Dangerous than Smoking" LA Times, 2014; Hamilton, et al Prolonged Sitting Reduces the Efficiency of Skeletal Muscle. Journal of Applied Physiology, 2008; Haskell et al., "Physical Activity and Public Health: Updated Recommendation for Adults" Medicine & Science in Sports and Exercise, 2007.



Keeping Up With Michael...

I don't know where to start to offer an update on life in the Matson household. I guess we can start with the good news: grandparenthood is everything you all said it would be and we are blessed to see Kyle's son Bodie (now 16 months!) on a regular basis. At this age they are sponges to all their surroundings and we can't wait for him to start telling us about all the stories that he is now acting out with hand gestures and smiles. The firm added another CFP to our staff with Kyle passing the rigorous CFP curriculum and exam. Sharing this big news as a proud dad. Kate is still in Boston area working to develop impactful relationships. Laurie and I are excited to see some projects at our church coming toward the finish line. Laurie has been an active behind-the-scenes and not-so-behind-the-scenes advocate and task master for these projects.

We did some skiing this winter but my ski and ice hockey season ended abruptly March 1st when I had to leave my appendix in the operating room at the hospital. I arrived at the emergency room at 9:30pm and was on the operating table by 5:00am. A little hectic and scary but all is well now. Shoulder problems have been my lingering issue since a hockey collision in November so if you see me grimacing as I put my arm in my jacket sleeve you now know why. Very limited range of motion in my left shoulder that MRI confirmed was labral tears and some buildup of scar tissue. I guess I'm just packing all my health-related issues into one year! And I've had an 'interesting' 3 months trying to read up and gain insight as to why our markets and economic footing is like riding a wild roller-coaster without seat-belts. Whoa.

Have you tried Rraci's in Brewster, NY?



A recent Sunday evening my husband and I were treated, along with eight other friends, to a tour of the Hudson and the New York skyline in a friend's jet. We left Danbury airport just as the sun was setting. Twenty minutes later we were up close and personal with the lights of the city. We were celebrating the pilot's birthday. But the flight was just the beginning of the evening. Touching down after 40 minutes in the air we treated the pilot to a delicious meal at Rraci's in Brewster.

We had so many fantastic options to choose from, starting with the lobster appetizer special beautifully plated and ready to devour. Others enjoyed a bed of oysters or shared misticanza salads. I saved my appetite for the handmade daily, on premise, cavatelli with sweet sausage. Others raved about the red snapper, pollo martini, branzino and pollo scarpariello. The wine list and service were impressive. Be sure to save room for their specialty dessert, the souffle. That night the offerings were chocolate or raspberry, but make sure you decide ahead of time which daily flavor you'll try, because you need to order souffles at the same time as your dinner.

Rraci's Restaurant; 3670 Danbury Road, Brewster, NY Phone: (845) 278-6695 Pricing \$\$\$

Who is Jessely?



I joined the company in July of 2024 and received the best welcome from the Matson team. I am originally from Brooklyn, New York where my parents migrated from the Dominican Republic. My husband, Tony, and I have been married for 21 years and decided to raise our two daughters in Brookfield for the last 17 years. Our oldest daughter, Brianna, is a senior at Eastern Connecticut State University. She is hoping to work for the Department of Public Health to help identify high infectious risk areas and organize communication to the public. Our youngest daughter, Olivia, is attending Marist College as a freshman. Her major is Political Science and will transition to Pre-Law and Paralegal studies to prepare her for Law School. Our favorite daughter, Willow,

is now 3 years old and is the most loved puppy in our home.

During my free time, I am an active member of the Brookfield community. I serve on several boards including The Library Board of Trustees, Chair of The New Library Committee, and The Community Center Ad-Hoc Committee. My favorite pass time is spent visiting farms or going to the farmer markets; I love coming up with new recipes with locally grown produce and meats.

I am excited to be part of the Matson team and support our company's vision for the clients and our employees.

Client Snapshot Who are Debbie and Chris Cawley?

Did you know that Debbie in our office started as a client in 1999?

Chris and Debbie Cawley, owners of their own landscaping business, had reached out to Michael for financial guidance. Realizing that Debbie was smart, a hard worker and had wonderful ethics, when MFA had an opening in July 2007, Debbie was hired to fill that spot.

We've watched their daughter, Samantha, grow into a spouse, mother, and business woman. Sam married Chris (yes, this makes you wonder sometimes who she is talking about!), and keeps busy with three toddler boys while working a full time job out of her house. Young Chris (4), Benjamin (2) and Dominic (9 months) are the joy in their lives!

Before Debbie began working with us she was an administrator at Society of Plastics Engineers in Brookfield, CT.

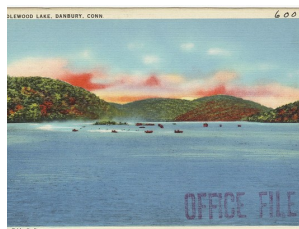
Chris grew up in an entrepreneurial family. They owned Melillo Flower Shop in Danbury and the 7-11 on Route 6 in Bethel, which is where Chris and Debbie met! Debbie went off to college, but the draw of her future husband brought her back to CT. Debbie and Chris were married on August 8, 1987.

After Chris sold their landscaping business, he was hired by Candlewood East Marina where he is the property manager. A bonus of working on Candlewood Lake is the opportunities to move boats around the Lake! Boating is just one of his interests. Chris loves his cars! The newest addition is a special made Shelby Cobra in Guardsman blue with Wimbledon white stripes. If you see one around New Milford make sure you wave, I'll bet it's Chris!

On Sundays they spend time with their daughter, son-in-law and the little ones. During baseball season they follow the Yankees, and were very lucky last year to watch several games in a Yankee private suite where it was warm, with food and drink at their beckoning! They also love to go to concerts in the summer and enjoy "Happy Hour" at local bars or restaurants with friends.

Vacations for the Cawleys have included motorcycle riding in the northeast, visiting family in the Carolinas, and attending car or boat shows. One place they would love to visit is Disneyworld with their grandchildren.

A dream of the couple is to find a home near their daughter's family.





Little Known Presidential Facts

George Washington (1789-1797): The first U.S. president and Revolutionary War hero was an enthusiastic dog breeder, particularly of hunting hounds, to which he gave names like “Sweet Lips” and “Drunkard.”

John Adams (1797-1801): Adams and his wife, Abigail, exchanged more than 1,100 letters over the course of their lengthy relationship.

James Madison (1809-1817): Madison was the shortest president at 5’4” and weighed barely over 100 pounds.

John Quincy Adams (1825-1829): Years after leaving the White House, Quincy Adams argued a famous Supreme Court case that freed the captive Africans who had rebelled aboard the Amistad slave ship.

John Tyler (1841-1845): Tyler fathered 15 children, the most of any president.

Ulysses S. Grant (1869-1877): Civil War General Grant was invited to join Abraham Lincoln at Ford’s Theatre on the fateful evening of April 14, 1865, but was forced to decline after he and his wife made plans to visit their children in New Jersey.

Benjamin Harrison (1889-1893): Harrison was the first president to hire a female White House staffer.

William Howard Taft (1909-1913): Famous for his corpulence, Taft was the first president to hurl the ceremonial first pitch at a Major League Baseball game.

Calvin Coolidge (1923-1929): A quiet man, Coolidge purportedly replied, “You lose,” to a visitor who bet she could get at least three words out of him.

Franklin D. Roosevelt (1933-1945): The longest-serving commander-in-chief claimed to be distantly related to 11 other presidents, including his fifth cousin Theodore Roosevelt.

Lyndon B. Johnson (1963-1969): Johnson's first career was as a teacher. He worked at a school near the U.S.-Mexico border for four years before launching a career in politics.

Richard M. Nixon (1969-1974): Nixon became such a skillful poker player while stationed in the Solomon Islands during World War II that his winnings helped launch his political career upon his return to the United States.

Gerald Ford (1974-1977): A star football player at the University of Michigan, Ford turned down offers from both the Detroit Lions and Green Bay Packers.

Source: history.com

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