

When to call a REALTOR®



If you're like most people, you go to see a doctor when you're not feeling well or have a health concern. However, you may also visit your doctor for a check-up, or to ask questions about healthy living.

In fact, consulting your doctor for anything health-related is a smart idea.

The same holds true when it comes to real estate. Many people only call a REALTOR® when they're planning on selling their property or buying a new home, or both. While that's an important reason to speak to a REALTOR®, it's not the only reason. Indeed, there are many good reasons for you to give a good REALTOR® a call. For example:

- If you have a question about the state of the local real estate market. (Remember that it may be very different from what you hear on the news about the national market.)
- If you want to get a sense of what homes are currently selling for in the area.
- If you want to determine the current market value of your property.
- If you want to find out how much homes cost in neighbourhoods you'd like to consider.
- If you're thinking about the possibility of making a move, but you're not sure if it's the right time.

In other words, don't be afraid to contact a good REALTOR® when you have a question or need some advice about the real estate market.

Foods That Boost Your Energy



Many people order an espresso or reach for an energy drink when they need a boost. However, there are other foods that can give you a similar increase in energy and are, arguably, a lot healthier. Here are a few examples:

- Coconut oil. It contains high quantities of medium chain fats, which are a quick source of energy.
- Honey. It tastes sweet because it's a natural form of sugar. As we all know, sugar gives you a quick boost.
- Iron containing foods. Lack of iron in your diet

can leave you feeling sluggish. Adding more beans, spinach, and lentils to your diet – perhaps in salads – can help boost your iron levels.

- Nuts. Almonds, cashews and other nutrient-rich nuts are the ideal quick snack for an energy boost.
- Dark chocolate. It's great news for chocolate lovers, but keep the portions small.

Finally, not drinking enough water can also rob you of energy. In fact, water may be the best energy-boosting "food" of them all.

Think, Act... Live!

"A lot of people give up just before they're going to make it. You never know when that next obstacle is going to be your last one." *Chuck Norris*

"In order to succeed, your desire for success should be greater than your fear of failure." *Bill Cosby*.

"All of our dreams can come true – if we have the courage to pursue them." *Walt Disney*