



GET RID OF THOSE STUBBORN POUNDS

Who hasn't hit the dreaded weight rut, when after a few weeks or months of the pounds flying off, you're suddenly up against a scale that won't budge. After you've lost a certain amount, your body thinks it's starving and sets up roadblocks that make it harder for those last pounds to come off.

To make matters worse, the more weight you lose, the less effective your once successful diet plan is likely to be. The reason: as you lose weight, you may also lose muscle, leading to a slower metabolism and because you weigh less, you need to consume even less. There are different factors contributing to the difficulties of weight loss, and different solutions for each.

Are you hitting the big 3-5? Metabolism slows by about 5% each decade, which means that at age 35 you're burning about 75 fewer calories a day than you did at age 25. **Try a temporary protein push.** Focus on low-fat protein sources such as chicken breasts, fish, and egg whites. **Cut what you eat by 25%.** You need to slash 500 calories a day to lose a pound a week; eating only 75% of your normal intake could shave off 300 calories per meal. **Pump some iron.** Try twenty minutes of weight lifting and twenty minutes of cardio. **Get up and move a little more,** park a little further and walk instead of driving short distances. **Weigh yourself monthly,** a woman's weight can fluctuate by 5 pounds in a month.

Post-Pregnancy Pounds? After a woman gives birth, there's a dip in her levels of progesterone, a hormone that increases your metabolism and allows you to burn more calories. **Breastfeed if possible.** Do make sure you're taking a multivitamin with iron and also consuming plenty of fluids (8 to 12 glasses of water a day). **Don't eat your kids' food.** Bites from their Happy Meals and fatty snacks will add up. **Resume a daily exercise routine. Buy a pedometer** to help ensure that you're taking at least 10,000 steps a day or 5 miles, which you need to help promote and maintain weight loss. **Join a support group.** This is a time in a woman's life when she needs continual reinforcement. New moms who attended 12 weekly exercise education sessions lost an average of 16 pounds after a year, while those who attended a single educational session lost only 3 pounds, according to a Saint Louis University study. **Get your thyroid checked.** Up to 10% of all women suffer from postpartum thyroiditis.

Living with extreme Stress? When you're stressed, your adrenal gland secretes the stress hormone cortisol, which increases your appetite and also stimulates your body's release of the fat-storing hormone insulin. **Go for a walk.** Symptoms of stress-induced depression were reduced by almost 50% in those who participated in 30-minute aerobic sessions three to five times a week. **Sip green tea instead of java.** Coffee raises levels of stress hormones such as adrenaline. **Say sayonara to salt.** Salt raises blood pressure, which in turn raises cortisol levels even more, causing a vicious circle of overeating. **Set a scheduled eating pattern, take up meditation, and sit down and savor your meal.** When you're stressed, you tend to gulp down your food, thereby eating more than if you were savoring every bite.

BRIAN ORTIZ
REAL ESTATE BROKER

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MISSION**
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HUGE PROFIT."**

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DID YOU KNOW?

An Egyptian text of 1600 BC gives 100 medical prescriptions using beer.

If you, or someone you know, would like information about the possible sale of a home, call us anytime at 821-0852. We have buyers just waiting for the right house. That house may be your house.

REAL ESTATE QUESTION

Our neighbor's tree is dropping leaves into our pool and he refuses to trim his trees. Do we have a legal right to trim the trees are overhanging on our property?

Yes, at your expense, and with reasonableness and caution. You may trim the tree back to the boundary line. You will be liable if you trim the overhanging branches or cut the roots so severely the tree dies. You may want to hire someone experienced.

Do you have a question about Real Estate?

If you have a question please feel free to call me at **363-8358.**

Perimenopausal? Blame the weight gain on shifting hormone levels. The stress of hormonal fluctuations can cause your body to secrete more of the hormone cortisol, which in turn stimulates production of the fat-storing hormone insulin, especially around your abdomen. **Up your workout intensity** with bursts of high intensity moves. **Go for good carbs.** Pay attention to the glycemic index (GI), which measures how quickly a food affects blood sugar levels. You can look this up on the internet, or *call me, I'll get you a copy of one.* **Get your daily moo.** Besides helping to maintain bone mass, dairy products may be exactly what you need to crank up your metabolism and lose tummy fat, research suggests.

Ultimately, however, one of the most important weapons you need to fight those last 5, 10, or 20 pounds is a positive attitude. Just as your weight set point is changing, you may have to adjust your mental set point, too.

STOP AND THINK

In 1934 there was a National Football League championship game played between the New York Giants and the heavily-favored Chicago Bears. The weather was bitterly cold, and the playing field was covered with ice. The Bears were leading at half-time with a score of 10-3.

During the half-time, however, the Giants switched from cleats to sneakers, which they had borrowed from the Manhattan College basketball team. Suddenly, the Giants had the edge. They scored four touchdowns in the second half with their new equipment and beat the Bears 30-13. Don't be afraid of trying the unconventional. Changing conditions require that new procedures be implemented to get the job done.

REAL ESTATE TIP

We signed a contract to purchase a new home and the builder is behind schedule on completion of the home and/or hasn't started construction, how do we get out of the contract or get our deposit back?

Read your sales contract very carefully. You may have grounds for a breach of contract by the builder. Builders put in estimation dates for delivery, however, if a firm home-completion date has been designated in your contract, your builder may be liable to you for damages. You may wish to contact a local real estate attorney for further details.

Are you thinking about buying a home or investing? Or do you know someone who is? We provide a **FREE, Comparative Market Analysis** to help determine the value of a home, all you have to do is call.

THOUGHT OF THE MONTH

"Expect what you accept."

--- Written in 2000 by Marilynn Martin ---

REAL ESTATE STATS FOR THE ALBUQUERQUE METRO AREA

For the Month of: September

Homes sold: 1001

Homes listed: \$2,133

Average price of home sold: \$216,875

Average days on the Market: 28

Compared to previous month:

For the Month of: August

Homes sold: 1,124

Homes listed: 2,486

Average price of home sold: \$229,982

Average days on the Market: 27

COMEDY CORNER

I OWN THE FASTEST CAR

A man goes out and buys the best car available in the US or Europe, a 2001 Turbo BeepBeep. It is the best and most expensive car in the world, and it runs him \$500,000. He takes it out for a spin and, while doing so, stops for a red light. An old man on a moped, both looking about 90 years old, pulls up next to him. The old man looks over the sleek, shiny surface of the car and asks "What kind of car ya got there, sonny? The dude replies "A 2001 Turbo BeepBeep. They cost \$500,000."

"That's a lotta money!" says the old man, shocked. "Why does it cost so much?" "Cause this car can do up to 320 miles an hour!" states the cool dude proudly. The old man asks "Can I take a look inside?" "Sure" replies the owner.

So the old man pokes his head in the window and looks around. Leaning back on his moped, the old man says "That's a pretty nice car, alright!"

Just then the light changes, so the guy decides to show the old man what his car can do. He floors it, and within 30 seconds the speedometer reads 320. Suddenly, the guy notices a dot in his rear view mirror. It seems to be getting closer! Whooshh! Something whips by him! Going maybe three times as fast! The guy wonders "what on earth could be going faster than my Turbo BeepBeep?" Then, ahead of him, he sees a dot coming toward him.

Whoosh! Goes by again! And, it almost looked like the old man on the moped! Couldn't be thinks the guy. How could a moped outrun a Turbo BeepBeep? Again, he sees a dot in his rearview mirror!

WhooshhhKaBlam! It plows into the back of his car, demolishing the rear end.

The guy jumps out and discovers it is the old man! Of course, the moped and the old man are hurting for certain. The guy runs up to the dying old man and asks "You're hurt bad! Is there anything I can do for you?"

The old man replies "Yeah I Inhook mv suspenders from the side-view mirror on your car!"

COOKING CENTRAL

Pumpkin Bars

- 2 cups Flour
- 1 ½ cups Sugar
- 2 tsp. Baking Powder
- 2 tsp. Ground Cinnamon
- 1 tsp. Baking Soda
- ¼ tsp. Salt
- ½ tsp. Ground Cloves
- 16 oz. can Pumpkin
- 1 cup Cooking Oil
- 4 Beaten Eggs
- 1 cup Chopped Walnuts (optional)
- Cream Cheese Frosting

Frosting

- 1 pkg (8 oz) Philadelphia cream cheese, softened
- ¼ cup (1/2 stick) butter or margarine, softened
- 1 tsp. vanilla
- 1 pkg (16 oz.) powdered sugar (about 4 cups), sifted

In a mixing bowl, stir together flour, sugar, baking powder, cinnamon, baking soda, salt and cloves. Stir in pumpkin, cooking oil and eggs until thoroughly combined; then stir in walnuts. Spread batter into a greased 15" x 10" x 1" baking pan. Bake in a 350° oven for 25-30 minutes. Cool in pan on wire rack. Frost with cream cheese frosting. Cut into bars. **BEAT** cream cheese, butter and vanilla in large bowl with electric mixer on medium speed until well blended.

ADD sugar gradually, beating until well blended after each addition.

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TO OUR VALUED CLIENT

B² NEWSLETTER

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SOMEONE YOU
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THINKING ABOUT
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THANK YOU! THANK YOU! THANK YOU!

Thanks for all the great referrals you have given me this past month. I feel it is my obligation to provide my customers with the BEST Real Estate service from the BEST Real Estate Company in the nation. I would like to personally thank the following people for their referrals. It is wonderful people like you whom I build my business upon. I just couldn't do it without you.



**Aaron Romero
Valued Client**

**Kyara Foster
B Square Agent**

This newsletter is for information purposes only. It is not intended as a solicitation if your home is