

WINTER 2022

newsletter

Our offices will be closed December 26, 2022, through January 02, 2023, to allow our team members the opportunity to spend time with family during the Holiday Season. We will have a select staff that will be available for emergency maintenance and others that will be monitoring voicemails and emails for issues that cannot wait until we return on January 03, 2023.



**We hope that you
have a Happy
and Safe Holiday!**

OFFICE HOURS

Monday - Friday
8:00am-5:00pm

www.spradleyproperties.com



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AVOID FROZEN PIPES

Winter is coming and it is important to make sure your home is prepared for the freezing weather. Freezing pipes can become a major disruption and destruction in your home. Below are some tips to prevent pipes from freezing:

- Keep the heat on, even if you are going to be away. Setting the heat to at least 65 degrees can help prevent pipes from freezing.
- You probably have pipes under your bathroom and kitchen sinks. Keep the cabinet doors open to allow warm air to circulate around them.
- Disconnect any garden hoses from outdoor faucets and install a faucet cover.
- Leaving a slow drip on indoor faucets is another way to keep those pipes from freezing.

If you do experience a frozen pipe, it is important to act quickly to thaw it and prevent it from bursting.



STAY ACTIVE THIS HOLIDAY SEASON

The holiday season is a time for celebrations, but it can also be a time when our usual routines and habits are disrupted. It is easy to get caught up in the variety of holiday activities and forget to take care of our physical and mental well-being. Staying active during the holidays is important for maintaining good health and energy levels. Here are some tips for staying active this holiday season:

- Make time for physical activity, whether it is a workout at a gym, a walk around the neighborhood, or a yoga class.
- Find ways to stay active while traveling or on the go. Explore the city on foot, visit a local park, or jog a nature trail.
- Incorporate activities into your holiday traditions. Play an outdoor sport with your friends and family or go on a hike.
- Even if you are stuck indoors, there are many options for virtual fitness classes online. Do a home workout or even learn some new dance moves through a YouTube dance tutorial.
- The holiday season is a time for relaxation and enjoyment but take breaks from the sedentary activities like watching television or swiping to the next TikTok video. Stand up, walk around regularly, and stretch.

By making a conscious effort to stay active during the holiday season, you can maintain your energy levels, boost your mood, and keep your health on track. *Don't let the holidays derail your healthy habit.*

