

Insider Tips for Healthy, Wealthy and Happy Living – [View in browser](#)  
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The KING Team's...

## Service For Life!®

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Inside This Issue...

- [How Not To Overdo These Healthy Habits...](#)
- [Monthly Home Maintenance...](#)
- [Fun Facts and Laughs:](#)  
Strange But True, Great DIY Websites, And More...
- [Real Estate Q&A:](#)
- What's The Purpose Of A Home Inspection?



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Hi Folks...

What an eventful month November is with the elections, Veterans' Day and Thanksgiving. Keeping our sanity and being kind to one another should be our top priority. We are all Stuffed after a weekend of eating too much with family and friends.

We all try to develop healthy fitness and diet habits, such as working out and maintaining an appropriate weight. In today's *Service For Life!*® Free consumer newsletter, you'll learn how some of these *good* activities – when done in excess – can go *bad*. To be honest Ashleigh is the only one who is religious about the working out (good for her!) Mike is too stubborn and I do what I can.

You'll also find a handy checklist of monthly maintenance tasks you should do to keep your home in good condition, how to make flowers last – plus fun facts and lots more.

### ***Mike, Ashleigh & Kim***

The KING Team, REALTOR®s  
Keller Williams Consultants

**P.S.** When you notice people talking about real estate in the next few weeks, can you tell them about the free consumer information we provide?

They may be people with a growing family and they need more room. You can help them buy their dream home for a lower payment than they might think is possible by mentioning our Free Consumer Report "**7 Secrets For Saving Thousands When Financing Your Home.**" Then give them Mike's phone number - **937-645-0447**, Ashleigh's **937-537-1722** or,

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### **Today's Brain Teaser . . .**

I'm named after nothing, though I'm awfully clamorous, And when I'm not working, your house is less glamorous. What am I?

*(see answer below)*

## **How To Keep Your Healthy Habits "Healthy"**

Sometimes overdoing a healthy habit can have the opposite of the intended effect. Here are 5 ways to keep your healthy habits "healthy"...

- **Working out.** U.S. Health and Human Services recommends that the *average adult* get at least 150 minutes/week of moderate aerobic activity or 75 minutes/week of vigorous aerobic activity. Generally, that's 30 minutes of physical activity every day. Too much exercise can result in exhaustion, muscle fatigue and injury. Average adults should aim to break a sweat – if you're completely exhausted after the gym, you might be going too hard.
- **Walking.** It's great exercise but if you do it too much, you may end up with chronic

foot pain. The repetitive motion can cause plantar fasciitis (also common in women who wear high heels). Your best bet is to get good orthotic inserts with sturdy arch support for your walks.

- **Getting consistent sleep.** Aim for 7-9 hours (for adults) per night. Oversleeping on weekends builds up carbon dioxide and doesn't make up for lack of sleep during the week. Think daily, not weekly cumulative hours.
- **Dieting.** People who try different "fad" diets often gain back more weight than they've lost. If you want to lose weight, talk to a nutritionist or your doctor for a long-term diet that's right for you.
- **Taking supplements.** Many adults take one or more vitamins or supplements every day. However, too many supplements (without your doctor's approval) can interact with other medications and have serious side effects. Vitamin K, for example, can reduce the effectiveness of blood thinner medication. For more info, go to: <https://ods.od.nih.gov>

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## Thinking Of Selling Your Home Soon?

Don't attempt to sell your home without our Free Consumer Guide, **"6 Steps For Selling Your Home For Top Dollar."** Our exclusive report will give you all the facts for a fast, top dollar sale.

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## Monthly Home Maintenance Checklist

Keeping up with home maintenance tasks will save you money, preserve the value of your home, and prevent headaches down the line. There are tasks that you should do quarterly, seasonally and annually, but this month we'll focus on a handy list of basic things you should do *monthly*:

- Inspect, clean and possibly change the furnace filter.
- Vacuum heat registers, vents and refrigerator coils.

- Use vinegar to clean mineral deposits from faucets and showerheads.
- Clean kitchen sink disposal. *Tip:* Freeze vinegar in an ice cube tray and run cubes through the disposal.
- Clean kitchen exhaust fan filters and fan blades. *Tip:* Use a degreaser (buy at an auto parts store) mixed with hot water.
- Inspect dishwasher for leaks. If you find problems, search for info on YouTube or consider calling a plumber.
- Pour boiling water down drains. *Tip:* If clogged, add a cup of baking soda.
- Inspect all fire extinguishers to make sure the gauges show adequate pressure. Most extinguishers last between 5 and 15 years. It's also a good time to review how to use them.

Note: Save this copy. Next month we'll feature things you should do **quarterly**.

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## Here's A Free, Valuable Resource...

Now You Can Search The Home Market, Get Helpful Community Information, AND Receive Important Resources For Saving Time And Money When Buying Or Selling At [www.the-kingteam.com](http://www.the-kingteam.com)

## Fun Facts and Laughs

### *Strange But True . . .*

Some animals smell like foods. Mother Nature Network cites these examples:

- **Copperhead snakes** (when touched) smell like cucumbers. (Don't try this at home!)
- **Domestic dog paws** smell like corn chips or popcorn. If the smell is strong, better check with your vet.
- **Honeybees** release an alarm pheromone that smells like bananas. Time to back

away!

- **Bed bugs** release a scent that smells like coriander. If you have lots of them, they smell more like musty gym shoes.

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### ***How To Make Flowers Last . . .***

Readers's Digest suggests these tricks for an average-sized vase:

- **Sugar & vinegar:** Dissolve 2 tbsp sugar in warm water with 2 tbsp white or apple cider vinegar.
- **Vodka:** Add a few drops to the water to inhibit bacteria growth.
- **Aspirin:** It's true! Add a crushed aspirin to the water to make flowers last longer.

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### ***Great DIY Websites . . .***

- [www.instructables.com](http://www.instructables.com) – Learn how to make everything from a telescope to flip-flops (out of car tires).
- [www.familyhandyman.com](http://www.familyhandyman.com) – Find home projects, repairs and how-to videos. To get full resources, subscribe to the print edition for \$10 and get digital access.
- [www.apartmenttherapy.com](http://www.apartmenttherapy.com) – Get ideas on how to make the most of your apartment space.

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### ***Have A Laugh – Carrying The Torch***

A tourist was heading to the savannah for his first safari. Having read up on survival techniques, he was sure he was prepared for any emergency. He walked up to the guide and said, "I know that carrying a torch will keep the lions at bay." The guide nodded wisely and said, "That's very true. But it also depends on how fast you carry that torch!"

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## Are You Our *Client Of The Month*?

Every month we choose a very special *Client Of The Month*. It's our way of acknowledging good friends and saying "thanks" to those who support us and our business with referrals, word of mouth and repeat business.

Adam Mapes

You might be our next *Client Of The Month* too! Watch for your name here in an upcoming month.

## Brain Teaser Answer:

A vacuum!

## Real Estate Q & A . . .

### Q. What's the purpose of a home inspection?

A. A home inspection is generally performed after the buyer and seller have entered into a written contract. It's a review of the home's condition, including the heating system, attic, foundation, and a mold review. The point is to identify any area of the home that needs replacement or repair. Some buyers use the report to negotiate the final price of their purchase.

You may choose to buy a home and make repairs, or you may walk away from the property if the costs would be too high for your budget and the sellers refuse to lower the price or make the repairs. You can get your earnest money back provided your contract has a "sale contingent on inspection" clause.

You'll also need to get an appraisal, which serves to assess a value to the property for financing purposes. You need to know that the property you've selected will appraise at or above the amount you've contracted to pay/finance for it.

Want to learn more? Ask for our Free Consumer Report called **"Top 10 First-Time Homebuyer Mistakes To Avoid."** we'll send a copy right over to you.

Do you have a real estate question you want answered? Feel free to call Mike at **937-645-0447** or email us. Perhaps we'll feature it in my next issue!

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