CAHEC
Community Affordable Housing Equity Corp.

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Community Programs Connection

# Exercise for Beginners Part 1

**Reproduced from exercise.about.com.**

Your exercise options are numerous, including walking, dancing, gardening, swimming, biking, even household chores. The important thing is to choose activities you enjoy. That will increase your chances of making it a habit.

How much should you do? The American Heart Association recommends at least 30 minutes of moderate-intensity physical activity on most days of the week. Yet, it's not like you shouldn't do anything if you can't do 30 minutes, because you are definitely going to see benefits at even 5 to 10 minutes of moving around.

The first step to any workout routine is to evaluate how fit you are for your chosen physical activity. Whenever you begin an exercise program, it's wise to consult a doctor. But no matter what your medical condition, you can usually work out in some way.

Start slow and go slow. Don't make the mistake of starting out too aggressively, only to give up when you end up tired, sore, and injured.

Before beginning any routine, it's important to warm up, then do some light stretching.

Once you are warmed up, experts recommend three different types of exercise for overall fitness. These don't all have to be done at once, but doing each on a regular basis will result in a balanced fitness.

- **Cardiovascular activity.** Start by doing an aerobic activity like walking for a sustained 20-30 minutes, four to five times a week. To ensure you're working at an optimum level, try the "talk test": Make sure you can carry a basic level of conversation without being too winded. But if you can easily sing a song, you're not working hard enough.
- **Strength Training.** Start by doing one set of exercises targeting each of the major muscle groups. Use a weight you can comfortably perform the exercise eight to twelve times in a set. When you think you can handle more, gradually increase either the weight, the number of repetitions, or number of sets. Do strength training twice a week. Never work the same body part two days in a row.
- **Flexibility Training.** Do slow sustained stretches three to seven days a week. Each stretch should last 10-30 seconds.

**Remember to:**

- Give yourself plenty of recovery days so you don't burn out.
- Be active. Don't sit at the TV or your computer all day long. Stand up and walk around every 30 minutes.
- Drink Water to stay hydrated.
- Eat some fruits and vegetables.
- Reward yourself with a job well done!

# Welcome, Prosource Fitness Equipment!

CAHEC is proud to announce Prosource Fitness Equipment as the new vendor for our Resident Wellness Centers. Prosource Fitness Equipment began in 2002 as a supplier of commercial exercise equipment serving clients in the southeast. They are a family owned and operated business that is dedicated to their clients, employees, and suppliers. Their approach to business is simple: provide a high quality product and exceed client expectations.

"With all the choices a customer has to buy fitness equipment these days, we have to provide the best possible package which includes; knowledge, integrity, quality, and value."

— Dave Marsic, owner.

You can view the new CAHEC options by going to cahec.prosourcefitness.com.

***Prosource Fitness Equipment will have a booth set up at our partners conference. Stop by and say hello!***

**CAHEC**

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CAHEC's mission is to raise and invest equity capital in qualified low-income housing tax credit projects and other tax credit products and to provide capital through a series of Community Investments that (i) empower residents, (ii) promote the development of affordable rental and ownership housing, and (iii) foster sustainability within the communities we serve.

June 10–June 11, Embassy Suites, Cary

# CAHEC Conference

Are you ready for the Tax Credit Carnival! CAHEC's Partner Conference begins next Wednesday at noon! This year's theme is "Tax Credit Carnival: Fun House, Ferris Wheel or Bumper Cars?" Registration for the Property Manager's Track begins at 11am Wednesday morning. We'll be serving lunch at noon and the sessions begin at 1:30. The General Track begins registering at 7:30 Thursday morning. Come one, come all...it should be as exciting as our previous conferences!

This year's ACE exam will be at the intermediate level. Come pass the exam and be an Annual Compliance Expert! The game show will be a rendition of the 70's game show Match Game. Of course we'll need volunteers, so come and experience CAHEC camaraderie at its best!

As usual, we'll have our Partners Appreciation Luncheon and Awards Ceremony on Thursday afternoon. Come hear the wonderful stories we have to tell!

See www.cahec.com/training for more details!

CAHEC Staff, 2008 Partners Conference

# Community Programs News

## NCWN WORKSHOPS

- May 19, Auburn Spring Apartments, Burlington, NC
- May 27, Partnership Village, Greensboro, NC
- June 23, Autumn Chase Apartments, New Bern, NC
- June 25, Mulberry School Apartments, Statesville, NC
- July 9, Cedar Spring Apartments, Wendell, NC
- July 23, Elders Peak Apartments, Raleigh, NC
- August 5, Cleveland School Apartments, Clayton, NC
- October 26, LIFE House, Asheville, NC
- TBA: 1 additional site…

If you are interested in attending any of the above workshops please contact us for more details.

## PROGRAMS

All site-based applications (RWC, TLC, CGP) are now due one year from the property's fully qualified occupancy date.

Youth Recognition Program is coming to a close. All sites are finalizing the community service and the fundraisers should be completed. This year all sites are attending a single trip to Atlanta, GA.

*NO STUDENT WILL BE ALLOWED TO BOARD THE BUS UNTIL WE HAVE RECEIVED THEIR REPORT CARDS, PROGRESS ASSESSMENT FORMS, AND CONSENT/RELEASE FORMS.*
***NO EXCEPTIONS!***

Senior Recognition Program sites are hard at work completing the program requirements. Trip plan & budgets are due on or before August 15, 2009. Remember, there is an option this year for an On-Site activity.

All applications and forms can be found at www.cahec.com/programs.