

# KENSINGTON

## Some Things to Think About

- 👉 If you had to identify the time or moment in your life when you felt the most free, when was it?
- 👉 If you had to name the most difficult good-bye you've ever said, what would it be?
- 👉 If you had to describe yourself as a child in one word, what would that word be?
- 👉 If you had to describe the moment in your life when you had to have the most courage, what would you say?
- 👉 If you had to name the one possession that means the most to you, what would it be?
- 👉 If you could have one person you've lost touch with call you up tonight and invite you to dinner, who would you want it to be?



Please Slow Down and **Stop** @ the 4-Way



NEW Homepage 2022  
[www.kensingtonowners.com](http://www.kensingtonowners.com)

## FY



## KOA Covenant 7.13

**Garbage Cans** All garbage cans, woodpiles, and other similar items shall be located or screened from view from neighboring streets.

Please do not place your cans at the curb **until the night before** pick-up, due in part to wind & weather and visual respect for your neighbor.

**Please do not set the garbage can on the sidewalk, and turn cans handles out** per the city street department.

**A RESPECT ~ REQUEST**

**Thanks**

## Dog Gone

*What dogs can teach us old dogs*

Take naps and stretch before rising.

When loved ones come home, always run to greet them.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you are not.

If what you want lies buried, dig until you find it.

Dogs do speak, but only to those who know how to listen.



# Benefits of Exercising in the **Outdoors**



- **It's good for your mental health:**

- ✓ It helps with your self-esteem, as little as 5 minutes of walking or cycling near greenery or water, has been proven to boost self-esteem.
- ✓ It helps to improve mood and reduce depression and anger. Exercising outdoors has been proven to be a natural antidepressant.
- ✓ It is particularly good for those with seasonal affective disorder (SAD), depression and anxiety because sunshine increases a hormone that affects your mood- serotonin
- ✓ Exercise itself releases endorphins, which is a hormone which makes you feel good

- **It has other benefits to your health:**

- ✓ Exercising outdoors helps to increase your Vitamin D levels. Those who are overweight are more likely to be Vitamin D deficient
- ✓ Exercise can help to lower blood pressure and release tension caused by stress
- ✓ The air outside is considered as cleaner than inside, where pollution levels can be worse than outdoors in large cities. This will benefit your lung health.

- ✓ Outdoor exercise is also exercise for your mind. Your mind is aware of the changing surroundings when you exercise outdoors which does not happen when you exercise indoors
- ✓ The constant change in terrain makes the outdoors a more challenging environment for your body to work out in, making you exercise harder

- **It's free!:** To exercise outdoors you do not have to pay for a membership. All you need to use is your body-weight and you have a variety of places where you can exercise; whether that be a pavement, a park, a mountain or a beach, there are numerous places you can work out that will not cost a penny!
- **You can connect socially:**
  - ✓ You can organise walking/running/cycling groups in your community and connect with your neighbours
  - ✓ You can use exercise as a team building tool, for your family or to connect with the people at work
  - ✓ Even if you choose to exercise by yourself, you will begin to see familiar faces. You can even make sure your route finishes somewhere in the community, like a local cafe where you can meet with people
- **Connect with nature:** exercising outdoors can help you slow down and reconnect with nature. Most of us lead busy lives in busy places, so exercising outdoors can help you to reconnect with nature.

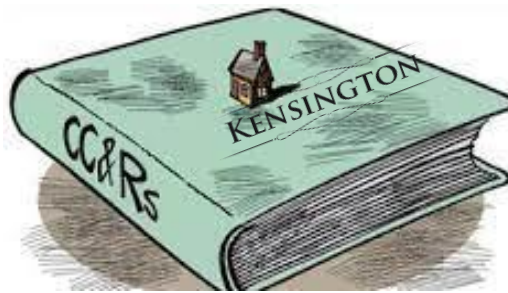
**The only motivation you need to get moving on Monday has four legs and bad breath.**



figure it out...



Dancing with the feet is one thing, but dancing with the heart is another.



CC&R's  
& Bylaws

### 7.8 Unsightly or Unkempt Conditions.

The pursuit of hobbies or other activities, including specifically, without limiting the generality of the foregoing, the assembly and assembly of motor vehicles and other mechanical devices, which might tend to cause disorderly, unsightly or unkempt conditions, shall not be pursued or undertaken in any part of the Community.

### 7.13 Garbage Cans. Woodpiles. Etc.

All garbage cans, woodpiles, swimming pool pumps, filters and related equipment, and other similar items shall be located or screened so as to be concealed from view from neighboring streets and property.

**7.19 Lighting.** Exterior lighting on any Lot visible from the street shall not be permitted, except for: (a) approved lighting as originally installed on a Lot; (b) one decorative post light. (c) seasonal decorative lights.

**7.20 Artificial Vegetation.** Exterior Sculpture, and Similar Items. No artificial vegetation shall be permitted on the exterior of any property.