



TE ATATU Homeowner

With Diane Voordouw & Team

Shape Up For Summer

The longer, warmer days of spring offer the perfect opportunity to kickstart a healthier lifestyle. So dust off those trainers, toss out the winter comfort foods and follow these five steps to shape up before beach weather beckons.

1. Set Goals Beyond Weight

There's much more to fitness than numbers on a scale. Instead of setting a goal weight, why not aim to complete an activity like a fun run or a hike up a mountain with a group of friends?

Motivation to exercise can also be fueled by aspirations such as a healthier bank account or a greener planet—an occasional walk or bike to work could simultaneously shed a couple of pounds, save a few pennies, ease traffic congestion and reduce pollution.

2. Find a Routine That Works

Do you thrive on a strict exercise regime or a more flexible, varied routine? Do you prefer to work out at home or the gym? Different things work for different people but consistency is the key to success. You're far more likely to stick to your plan if it fits your style.

3. Mind Your Diet

If only we could eat whatever we like! Unfortunately, to get in shape, food choice is equally as important as exercise.



Keep a food journal and jot down what you eat to keep those calories in check.

4. Get Some Shut-Eye

Ever find yourself craving unhealthy food when you're tired? Research shows lack of sleep blunts the section of the brain that governs complex decision making. This leads to food choices that are quick, easy and usually high in carbohydrates, salt and sugar. Kick cravings with at least seven hours sleep each night.

5. Healthy Mind

If you truly want to look and feel great this summer, present yourself with confidence. People come in all shapes and sizes and none of them are wrong. How you think and feel about yourself impacts how you are perceived so stop comparing yourself to others; be confident with who you are and what you have then enjoy the journey.



10M Rathgar Road, Henderson

With clean lines and modern tones, this enchanting property occupies a generous site, positioned to perfection for bountiful north facing sun.

rwteatatu.co.nz/TET25186

A Picture Could Be Worth Many Thousand Dollars

You've heard it said, "A picture is worth a thousand words." It's very true but did you know, when selling your house, a great picture could be worth many thousands of dollars?

Thanks to modern media, we're fast becoming a predominantly visual culture where pictures are more powerful than words, at least in the initial "attention-grabbing" stage that leads to more information being sought.

With 80-90% of buyers now searching for a house on-line, if your home is advertised with anything less than professional, eye-catching images, many potential buyers may quickly skim over your listing and instead click on a competing property—one that has been photographed from attractive angles, with bold colours in optimum light to show off its most poignant features.

In any market, more buyers mean more competition. The law of supply

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Thinking of Selling?
Call our office for expert advice TODAY.

RayWhite

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and demand says that many buyers for one product equals more money for the seller.

Professional photography is one of the key strategies real estate agents use to attract multiple buyers when selling a home. And today's agent is most certainly not just a go between buyer and seller—your agent works to achieve for you the absolute best price the market has to offer.

So when you're ready to sell, don't think twice about engaging the services of a professional photographer to capture the essence and ambience of your home. Those pictures could potentially add many thousands of dollars to your eventual sale price.

Thinking of selling? Know someone who is?

Call us anytime for a FREE estimate of how much your home is worth and for no obligation marketing advice.

If it doesn't challenge you it won't change you. —Lulu Lemon

SET SQUARE

Fill in the missing numbers so that the equations work left to right and top to bottom. Each equation must equal the number indicated at the side or bottom of the grid. (Pedant alert! May conflict with mathematical conventions.)

2	x		-		= 7
+		x		+	
8	+	1	-		= 6
-		x		-	
	+	7	+		= 18
=	=	=			
1	35	4			

Real Estate Market Trends

	Sep-16	Jul-17	Aug-17	Sep-17
West Auckland				
Median \$	760,000	732,000	764,000	775,000
No. sales	338	238	277	247
Median days	31	37	37	37
Te Atatu Peninsula				
Median \$	970,000	770,000	770,250	889,000
No. sales	20	9	14	12
Te Atatu South				
Median \$	910,000	682,000	787,500	787,500
No. sales	21	17	22	14
Interest	5.50%	5.80%	5.75%	5.80%

Source: REINZ



2/74 Stamford Park Road, Mt Roskill
A road-frontage freehold parcel of land on the popular and prestigious Stamford Park Road. The site is fully serviced and comes with building consent and plans to build your dream home.

rwteatatu.co.nz/TET25151



"THERE'S NO TWO WAYS ABOUT IT:

TRUST IS EARNED."

STEVE HANSEN

When you sell your home with Ray White, you're tapping into a commitment to customer service that stretches back over 115 years. While the market changes, our values of integrity, hard work, and dedication to deliver on expectation remain steadfast. At Ray White we work for you.

What do you value?



PUZZLE SOLUTION across: 2x5-3=7; 8+1-3=6; 9+7+2=18; down: 2+8-9=1; 5x1x7=35; 3+3-2=4



ENTER THE DRAW TO WIN!

Want to wine and dine at **Et Tu Bistro?** (value \$60.00)

Question: Name the public holiday observed in October.

Phone, txt or email your answer to 021 960 309 or win@buywest.co.nz or include your name, email, address and best contact number.

Best of luck!

Closes 16 November 2017

Congratulations to our previous winner: Anna Sisson



1/670 Te Atatu Road, Te Atatu Peninsula
Congratulations - SOLD!



1/29 Karepo Crescent, Ranui
Congratulations - SOLD!

What people are saying about our Salespeople...

Julia and Nathan worked together to sell our Auckland house. They were both extremely professional, very helpful and considerate, talked us through the selling process (we'd been in the house for 35 years), gave us loads of advice and suggestions before we formally listed and really good feedback after the open home process began.



Ray White Te Atatu Phone 09 834 6789
Diane Voordouw - Principal/Licensee Agent

RayWhite