



WEST AUCKLAND Homeowner

November 2018

5 Ways to Shape Up for Summer

Summer is just around the corner. If you've slightly indulged over winter now is a great time to make a few minor adjustments so you're full of confidence and energy, ready to enjoy the sun. Here's how.

EAT BETTER

Focus on quality, not quantity. Cut out processed foods—chips, biscuits, muesli bars and cereals. Increase your intake of vegetables, protein, nuts and healthy fats like olive oil, avocados, butter and coconut cream. Remember: if nature made it, it's good to eat but if you can't pronounce the ingredient list, chances are it's not.

DE-STRESS

Stress releases the fight-or-flight hormone cortisol which causes insulin levels to spike and blood sugar to drop making us crave junk food. To manage stress, practice daily mindfulness or meditation, keep a gratitude journal, switch off devices and spend time with family and friends.

GET MOVING

Get your heart pumping for at least fifteen minutes a day. If pounding the



pavement isn't for you, find something you can enjoy regularly—yoga, social netball, swimming, a dance class or rollerblading; anything to get you moving.

REDUCE ALCOHOL

"Just one more" can be tempting at a summer barbecue but remember most alcoholic beverages have a high calorie count. Excess energy from food is stored as fat so that extra chardonnay unfortunately isn't conducive to a trim waistline.

QUALITY SLEEP

Sleep deprivation affects the hormones that regulate hunger and appetite. Nighttime exposure to the light from screens can disrupt our circadian rhythm (sleep cycles), increase blood-sugar levels and decrease the satiety hormone, leptin.

Practice good sleep hygiene by going to bed and getting up at the same time each day and put away your screens two hours before bedtime.

RayWhite

Ray White_Know How
to make your marketing speak to buyers.



92 Wharf Road, Te Atatu Peninsula

This polished gem has everything a growing family could need and more. rwteatatu.co.nz/TET26034

**Thinking of selling?
Call our team today
for a **FREE** property
appraisal.**

4 Steps to "SOLD"

Selling property is a complicated process. There are numerous decisions to be made, often under pressure, and with life-changing consequences. It pays to be well informed ahead of time so you're prepared for all possible scenarios and equipped to make the best decisions.

Know Why You're Selling

The first step is to know what you're actually trying to achieve. Are you up-sizing, down-sizing, moving to a better schooling zone or reducing debt? Where will you go next?

Know What Questions to Ask

Professional advice is mandatory but it's sometimes difficult to know what questions to ask, especially if it is your first time selling.

Continued...

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Continued... Using plain, everyday language, settled.govt.nz (provided by the Real Estate Authority) educates consumers about the process. Familiarise yourself with this helpful resource so you have a framework from which to seek advice.

Do Your Research

Ask the experts. The job of your local real estate professionals (that's us!), is to offer information without any obligation to take it further. You'll receive an estimate of how much your home will sell for, a recommendation on the best method of sale and suggestions about what you need to do to achieve the best price.

You'll also need to be clear about your financial obligations and spending limit if you are also buying a new home so make an appointment with your Mortgage Broker or bank.

Appoint an Agent

By law, your real estate agent must have a signed agency agreement to act on your behalf.

Once signed, an experienced professional will have a proven, repeatable system to stage, market and sell your home for the best price the market has to offer.

Thinking of Selling?

As always, we'd be delighted to help with your research by offering free information, advice and an estimate of how much your property is worth.

Please call us anytime.

Chain Letters Answer: Autobiography

100 years ago everyone owned a horse and only the rich had cars. Today, everyone has a car and only the rich have horses.

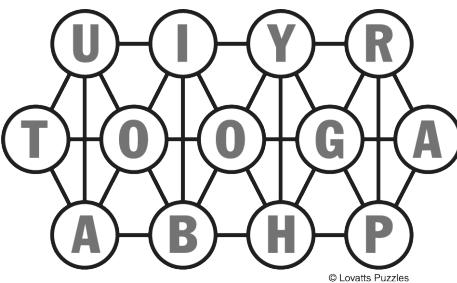
Oh how the stables have turned!



Real Estate Market Trends

	Oct-17	Aug-18	Sep-18	Oct-18
West Auckland				
Median \$	780,000	800,000	850,000	825,500
No. sales	1,651	241	1,616	302
Median days	34	42	36	35
Interest	5.50%	5.80%	5.80%	5.80%

Source: REINZ



CHAIN LETTERS: Can you find the 13-letter word hiding in the chain? You must use all 13 letters once only and can move from circle to circle only where they are connected by lines.

**FREE APPRAISAL
CALL US TODAY!**

QUOTE: "A little progress each day adds up to big results."

ENTER THE DRAW TO WIN!

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

Question: What country typically celebrates Thanksgiving Day in November each year?

Phone, text 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 Dec

Congratulations to our previous winner: Lisa Nolan



FOR SALE



7/19 Bayside Ave, Te Atatu Peninsula

First home buyers or savvy investors wanting to secure a tidy two-bedroom property in a popular location.

rwteatatu.co.nz/TET26033

FOR SALE



33 Dawnhaven Dr, Te Atatu Peninsula

One of the most substantial larger waterfront homes on the market in West Auckland.

rwteatatu.co.nz/TET25986

SOLD



4 Barberry Lane, Te Atatu Peninsula

Congratulations - SOLD!

What people are saying about our Salespeople...

Andy Roche always kept us up to date with what was happening at open homes etc and answered all our questions in a business-like manner.



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

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