



ABERDEEN

Living

Your guide to the good life

INSIDE

Publication Policy	PAGE 3
February Calendar	PAGE 4
Lifeguards Wanted	PAGE 6
Upcoming Events	PAGE 10
FUNctional Fitness Training	PAGE 12

FEBRUARY 2017 • VOLUME 3 • ISSUE 2





Submit Your Stories

Help contribute to your neighborhood magazine!

This newsletter is compiled for the Aberdeen communities by Aberdeen recreation and administration staff. If you'd like to offer content for publication, here's how to get started:

Stories/Photography:

Send your articles and/or high-resolution JPEGs to: amenitycenter@aberdeen.comcastbiz.net — articles must be submitted as Microsoft Word documents. All images must be submitted as attachments. Do not embed images into Word documents or into the body of an email.

March Deadlines:

Content: Monday, February 6
Advertising: Wednesday, February 8

About This Newsletter

Editor: Lauren Egleston
lauren.egleston@vestaforyou.com

Living Program Manager: Joe DeSalvo
joe.desalvo@jacksonville.com (904) 359-4366

Advertising Sales: Karen Ritchie
karen.ritchie@jacksonville.com (904) 359-4394

Delivery Inquiries: Trish Webb
trish.webb@jacksonville.com (904)359-4208

**Notice of Meetings
Aberdeen Community
Development District**

The Board of Supervisors of the **Aberdeen Community Development District** will hold their regularly scheduled public meetings for **Fiscal Year 2017** at 4:00 p.m. at the Aberdeen Amenity Center, 110 Flower of Scotland Avenue, Saint Johns, Florida 32259 on the fourth Tuesday of each month as follows or otherwise noted:

February 28, 2017 @ 4:00 p.m.

Aberdeen has a website!

If you don't already know about this great site here is how to access it. Go to www.aberdeencdd.com! This site is the most convenient way for residents to keep in touch with what is going on in the community. This site has information on:

- Calendar of Events
- Room Rental Application Forms
- CDD Budgets and Meeting Minutes
- And So Much More!

MENTON & BALLOU GROUP

WATSON REALTY'S #1 SELLING TEAM

Locally owned Watson Realty is the #1 Selling Company in NE Florida. Doesn't it make sense to use their #1 Selling Team?



STELLA ALEXANDER

REALTOR®, GRI, MRP, CDPE

904-625-7924

SAlexander@WatsonRealtyCorp.com

www.MentonandBallouGroup.com

CONSIDERING A MOVE?

From now through February 28th, 2017, my listings come with a FREE Seller and Buyer Home Warranty!



Entertainer's Dream in St. Johns Forest!
105 Dumont Pl. - \$467,900



Brand New Roof, Siding & Paint in Hunters Ridge!
12395 Antler Hill Ln. - \$255,000



Lakeview 3 Bed + Den Beauty in Del Webb PV!
405 River Run - \$459,900



Pool Home on Golf Course in St. Johns Golf!
904 Brookhaven Dr. - \$314,380



Fully Upgraded Former Model in Del Webb PV!
101 Marsh Hollow Rd. - \$539,900



CDD Paid off in St. Johns Forest!
1276 Matengo Circle - \$415,000



Price Reduced! Lakeview Home in Del Webb PV!
154 Thicket Creek Trl. - \$509,900



Pool Home w/ Golf/Water/Preserve Views in St. Johns Golf!
1524 Drury Ct. - \$439,500



Front & Rear Pond to Preserve Views in Cascades!
429 N. Legacy Trl - \$319,900



Top Floor Corner Unit in Del Webb PV!
192 Orchard Pass Ave. #541 - \$282,000



Private Waterfront Home on Trout Creek!
8215 Hardwood Landing Rd. - \$695,000



Elegantly Renovated Brick Home in Pickwick Park!
9459 Whittington Dr. - \$212,000



Charming Cul-de-Sac Home in Julington Creek!
4429 N. Pennycrest Pl. - \$219,900



\$93K Lakefront Cul-De-Sac Lot in DWPV!
617 Mangrove Thicket Blvd. - \$449,900



Outstanding Lakefront Lot in DWPV!
321 River Run Blvd. - \$499,900

THE GOLD STANDARD IN REAL ESTATE





Publication Policy

The function of Aberdeen Living is to serve the entire community of Aberdeen. Priority will be given to reporting news and activities of neighborhoods, community organizations and other news and events that directly affect the residents of the community developments. Second priority will be given to articles of general interest as space permits. Articles and photos must be received by the deadline date below and may be sent to amenitycenter@aberdeen.comcastbiz.net. Due to space limitation, all articles are subject to editing.

Letters of opinion must be signed, as well as brief and in good taste. Views expressed are those of the writer and do not express the viewpoint of the publisher or Aberdeen CDD.

Aberdeen Living's acceptance of advertising does not constitute an endorsement or approval of any product or services by the publisher or Aberdeen CDD. The publisher reserves the right to refuse advertising that does not meet the standards of the publication.

The publisher of Aberdeen Living agrees to indemnify and hold harmless the Aberdeen CDD from any claims asserted against or financial liabilities incurred by them arising from commercial content of this publication or anything contained in any advertising copy, including without limitation any claims of whatever nature asserted by advertisers or potential advertisers.

Aberdeen Living is published for the residents of Aberdeen. Aberdeen Living is a product of The Florida Times-Union.

Community Development District Board of Supervisors

- | | | | | | |
|---|--|--|--|---|--|
| Rhonda Lovett
Chairperson
rklovett@yahoo.com | Angela Andrews
Vice-chairperson
angelaandrews69@yahoo.com | Dennis Clarke
Supervisor
dennclarke@gmail.com | Loyd Hogan
Supervisor
lwh5526@comcast.net | Beth Fore
Supervisor
bfore0810@yahoo.com | Jim Oliver
District Manager
joliver@gmsnf.com |
|---|--|--|--|---|--|

FACEBOOK


Be sure to check us out on our Neighbors of Aberdeen St Johns Facebook page. On this site we will post event reminders, event changes, community news.

Just a reminder post as we continue to have lots of new neighbors move in and join our page! First - WELCOME to Aberdeen! Second - let's keep this friendly!

This Aberdeen neighborhood page is for sharing community information and updates for the Aberdeen community. This includes posts such as Amenity Center programs or activities, neighborhood and security issues, HOA & ARC questions/concerns, CDD meetings/updates, school/School Board updates, questions related to our neighborhood and lost pets.

For sale items and or goods/services and personal small business advertisements should **NOT** be posted here and will be removed. Please use Aberdeen Swip-Swap or Aberdeen Small Business for those types of posts. Thanks for your understanding!

  Follow us on Facebook AberdeenAmenityCenter or on Twitter@AberdeenCDD



Save Time & Save Money
with after hours care by health professionals who specialize in Orthopaedics

904.825.0540
oastaug.com

ORTHOPAEDIC ASSOCIATES
of St. Augustine

AFTER HOURS INJURY CLINIC

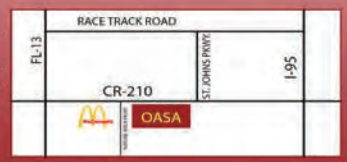
- Fractures
- Dislocations
- Lacerations
- Sprains or Strains

5 pm until 9 pm
MONDAY - FRIDAY

9 am until 2 pm
SATURDAY

NO APPOINTMENT NECESSARY
LESS EXPENSIVE THAN THE ER

Orthopaedic Associates of St. Augustine
After Hours Injury Clinic
3055 CR-210 West, Suite 110
St. Johns, FL 32259



[Located just a few doors down from Hurricane Grill & Wings]



CALENDAR OF EVENTS

FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>6:00 - 7:00 PM FUNctional Training</p> <p>6:00 - 7:00 PM G.O.Y.A. (AB Parking Lot)</p>	<p>2</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>3</p> <p>5:00 - 8:00 PM Food Truck Friday</p>	<p>4</p> <p>9:00 10:00 AM G.O.Y.A. (AB Lot)</p> <p>9:00 10:00 AM Zumba at Aberdeen</p>
<p>5</p>	<p>6</p> <p>Aberdeen Office Closed</p> <p>6:00 - 7:30 PM Girl Scout Troop 1480</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>7</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>8</p> <p>6:00 - 7:00 PM FUNctional Training</p> <p>6:00 - 7:00 PM G.O.Y.A. (AB Parking Lot)</p>	<p>9</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p> <p>7:00 - 8:30 PM Women's Craft Night Out</p>	<p>10</p>	<p>11</p> <p>9:00 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>9:00 10:00 AM Zumba at Aberdeen</p> <p>9:30 AM - NOON Book Sale (Bartram Trail Branch Library)</p>
<p>12</p>	<p>13</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>14</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>15</p> <p>6:00 - 7:00 PM FUNctional Training</p> <p>6:00 - 7:00 PM G.O.Y.A. (AB Parking Lot)</p> <p>7:00 - 10:00 PM Wonderful Wine Wednesday</p>	<p>16</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>17</p> <p>12:30 - 3:30 PM HS - Teen</p> <p>5:00 - 8:00 PM Food Truck Friday</p>	<p>18</p> <p>9:00 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>9:00 10:00 AM Zumba at Aberdeen</p>
<p>19</p>	<p>20</p> <p>Aberdeen Office Closed</p> <p>6:00 - 7:30 PM Girl Scout Troop 1480</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>21</p> <p>10 AM - 12 PM Senior Women's Coffee Social</p> <p>6:00 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>22</p> <p>6:00 - 7:00 PM FUNctional Training</p> <p>6:00 - 7:00 PM G.O.Y.A. (AB Parking Lot)</p>	<p>23</p> <p>10:30 AM - 12:30 PM Men's Social Coffee Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>	<p>24</p>	<p>25</p> <p>9:00 - 10:00 AM G.O.Y.A. (AB Parking Lot)</p> <p>9:00 10:00 AM Zumba at Aberdeen</p>
<p>26</p>	<p>27</p> <p>Aberdeen Office Closed</p> <p>6:30 - 7:30 PM G.O.Y.A. (ABParking Lot)</p>	<p>28</p> <p>10 AM - 12:00 PM Senior Women's Coffee Social</p> <p>4 PM - 6 PM Aberdeen CDD Meeting</p> <p>6:30 - 7:30 PM G.O.Y.A. (AB Parking Lot)</p>				



Do you have something for the newsletter?

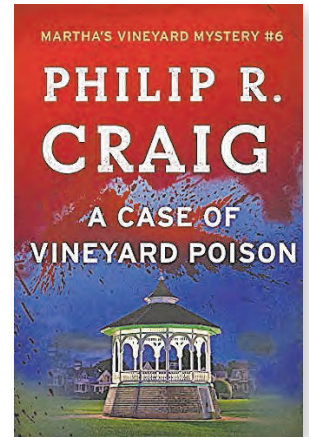
Do you have an article that you would like to have in the newsletter? If so, please contact Lauren Egleston lauren.egleston@vestaforyou.com and we will get your article submitted.

A CASE OF VINEYARD POISON

By Phillip Craig

Review by Wanda Hogan

Idyllic Martha's Vineyard, home to some of the very rich, is also fertile territory for murder. J.W. Jackson, ex-cop and master of odd jobs is to be married, but there is a hitch he must overcome first. After a young female stranger dies in his driveway, his curiosity leads him to various financial transactions of the mysterious stranger that leave many questions unanswered. When the transactions lead to his personal account, J.W must solve the mystery before the wedding and find the murderer before exchanging vows. Currently this book is available at the Bartram Trail Public Library Branch.



Marinela M. Nemetz, D.D.S.
Board Certified Pediatric Dentist

Robert J. Nemetz, D.D.S., M.S.
Adult Dentistry • Periodontics • Prosthodontics



Marinela M. Nemetz, D.D.S.



NemetzDentalAssociates
SPECIALTY DENTAL CARE FOR THE ENTIRE FAMILY
Pediatric Dentistry • Adult Dentistry • Periodontics • Prosthodontics

www.nemetzdental.com

WE ARE IN-NETWORK PROVIDERS FOR
METLIFE, DELTA, CIGNA, UNITED HEALTHCARE
AND MOST OTHER PPO INSURANCE PLANS

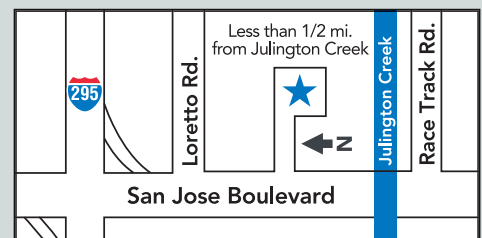


Mandarin South Business Center

12421 San Jose Blvd. • Suite 310/320
Jacksonville, FL 32223
(Between Sonny's BBQ & Care Spot)



(904)292-2210





LIFEGUARDS WANTED

Swim season is just around the corner. Looking for energetic, responsible and dependable high school teens who are at least 16 year old or older to apply. This is a great way to earn money to pay for gas, insurance or save for college books and miscellaneous expenses/wants.

Requirements are:

- Must be able to swim 500 meters, which is 10 laps or 20 lengths of pool using free style or breast stroke or combination of both.
- Be able to tread water for 2 minutes, legs only.
- Must pass the CPR, First Aid as well as the Lifeguard Training to be considered for employment.
- If considered for employment you must pass a Drug Test and Background Check

- Must bring a good attitude, good communication skills to interact with the residents and a smiling face to each and every shift you are scheduled to work.

Tentatively training classes are scheduled to run from February thru April. These are 2-day sessions and it is mandatory you attend both days!

Specific dates and times will be sent out via email and through our website.

For any additional questions call the office at: 217-0925 or email: amenitycenter@abereen.comcastbiz.net

Looking forward to interviewing and meeting our teens in the community.

How convenient to work so close to home!



HOME SAFETY TIPS FOR YOUR CHILDREN



Here are a few safety tips if you have children in your home and want to make sure that they are prepared to keep themselves safe. These are just tips so you can always go above and beyond depending on your children and their ages.

How to lock a deadbolt

The addition of deadbolt locks to your doors is a great way to increase your home security. They are stronger and a lot more secure. But just like any home safety device, deadbolt locks are only as good as how they are used. If they're seldom used or locked improperly, they can also be your home's weakest spot.

Answer the door ONLY when an adult is inside

Children should never answer the door by themselves, particularly if they are alone. If they have to respond to the person outside, teach them the importance of checking the peephole or the window first to see who it really is. Any person that you would send for your child should have a password so your children will know it is safe to answer the door, let them in, etc.

How to arm and disarm your security system

If your children are old enough to control security devices, it's a great idea to start teaching them about your security system. This will enable them to get inside your home without triggering an alarm and to secure your home if ever you need to leave for work.

Most systems use codes for arming and disarming. When setting them up, choose a combination that your children and the rest of the family can easily recall. It's also a good idea if you can have a system that can be controlled with your smartphone so you can monitor who gets access to your locks and when.

Using an emergency escape plan

Know what to do in case of a burglary, natural disaster or a fire in your home.

Knowing what to do in a stressful situation and being prepared will allow your children to stay calm and reduce panic in an emergency. You should also include emergency contact numbers so your children will know who to call out for help. List down these numbers on a piece of paper and keep it where your children can easily pull it out.

Being careful on social media networks

Your children should always know how to protect themselves online. Watch what details are posted online, like when they leave for or get home from school or when children are home alone. Don't let your children open themselves to being a victim.

You should also teach them to avoid giving out personal information that can put their safety at risk, such as the time they leave for school or when they get home.

Keep your home safe

Children should be encouraged to help with home safety no matter how small. Keep toys in high-traffic areas cleaned up, put away outside toys and bicycles to prevent them from being stolen.

COME VISIT OUR

ZOO-THEMED PEDIATRIC DENTAL OFFICES!

YOUR CHILD'S DENTAL VISIT WILL BE AS ENJOYABLE AS A TRIP TO THE ZOO!



WEAVER & STRATTON

PEDIATRIC DENTISTRY



**TO SCHEDULE AN APPOINTMENT
CALL OR VISIT US ONLINE:**

904.264.KIDS | 264KIDS.COM



DR. ROBERT WEAVER

TWO CONVENIENT LOCATIONS!

JULINGTON CREEK OFFICE • 112-203 BARTRAM OAKS WALK • ST JOHNS, FL 32259

ORANGE PARK OFFICE • 1584-1 KINGSLEY AVENUE • ORANGE PARK, FL 32073



We are in-network providers for Metlife, Delta, AETNA, Cigna, United Healthcare, and most other PPO insurance plans.



facebook.com/264KIDS



A FEW TIPS FOR VALENTINE'S DAY

By: Dave Krabill

Cruis'n 4 Homes

Watson Realty Corporation

February 14th Valentine's Day is the day that our youngest son and his wife were born on same day, same year on Valentine's Day. That would make Cupid proud.

Not being an expert on Valentine's Day I had to do a little research on what some call the Hallmark Holiday. Here are a few saving tips for your Valentine's Day.

FLOWERS

- Red roses last longer in a cold environment. The Association of Floral Importers say red roses are best stored at 32 to 36 degrees.
- If that's the case never buy from along the roadside.
- Do not buy online, buying online sometimes saves you money, but UPS, and Fed-Ex do not have refrigerated trucks.
- Do buy from grocery or big box stores. Most grocery and warehouse stores refrigerate their flowers, so they will last like buying them from a florist.
- Make sure the buds look tight; they will open in a few hours and last longer than ones already open.
- Use the tiny packet of food that comes with your flowers, it does work.
- If for some reason the flowers would die early don't be afraid to ask for replacements. If you bought a spoiled fruit or vegetable you would return it.



XOXO
XOXO

DINNER

- The best way to save on your Valentine's dinner is to bring your dinner home. Grab some take out from a nice restaurant and eat by candle light. Somewhere cozy other than the kitchen.
- If you enjoy champagne, don't buy an expensive bottle. Buy a bottle of Prosecco for about \$15. You won't tell the difference.
- To make things a little more romantic take a single rose and remove the petals and scatter them about the area.
- After a terrific meal you don't want a heavy dessert, that's the last thing you need. A great cheap solution is sorbet you can mix and match your favorite flavors.
- Next step is up to you, a romantic movie, or just cuddling by the fire. It's your call.

Before I sign off I would like to give you two more dates in the near future to remind everyone of:

- March 01, 2017 Deadline for filing for Florida Homestead Exemption. For more information contact St. Johns County Property Appraisal Office at (904)-827-5500 or at www.sjcpa.us.
- April 18, 2017 Deadline for filing for federal income tax. For more information contact IRS at www.irs.gov.

I hope these tips were somewhat helpful. If you need help in any of your real estate needs: selling, buying, new construction or whatever your needs may be, feel free to contact us at:

Pat LeRoy (904)-705-8802
Dave Krabill (904)-504-1904

**HAPPY
VALENTINE'S
DAY!!!**



Watson Realty Corp. REALTORS
LEADING REAL ESTATE COMPANIES IN FLORIDA

David W. Krabill
REALTOR

Cell: 904-504-1904
Office: 904-264-9526
Fax: 904-264-8894
davekrabill@watsonrealtycorp.com
davekrabill.watsonrealtycorp.com

4729 US Hwy 17 South
Fleming Island, FL 32003

MLS

Cruis'n 4 Homes Team
Performance Proven

1962 Del Air 409

ANNE MILANES 861-7300
PAT LEROY 705-8802
DEBRA LEROY 861-7400

Watson Realty Corp. REALTORS
MLS



Join Instructor Nancy Postiglione for

Saturdays 9:00 a.m.

ZUMBA

Join us in a fusion of Latin and International Music - that create a dynamic, exciting and effective fitness system.

\$5 Residents / \$6 Guests
www.aberdeencdd.com

110 Flower of Scotland Ave, St. Johns FL 32259



SENIOR WOMEN'S COFFEE SOCIAL

Tuesday Morning at 10:00 am

Coffee will be provided and all of our Women of Aberdeen are welcome — hope to see you there!

SENIOR MEN'S COFFEE SOCIAL

Thursday Morning at 10:30 am

Coffee will be provided and all of our Senior Men of Aberdeen are welcome — hope to see you there!

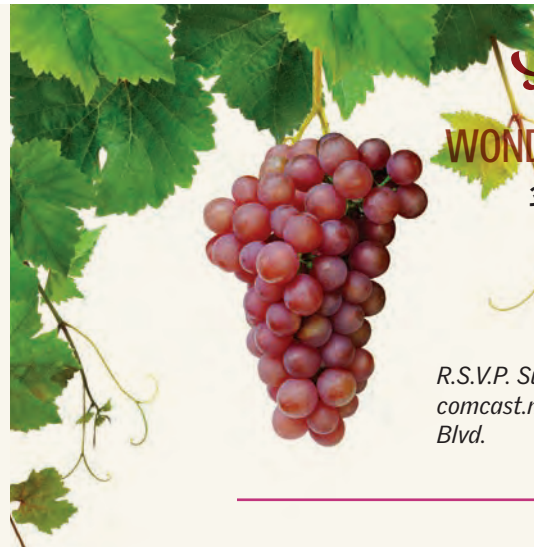
See our event calendar on page 4 for exact dates.



JANUARY FOOD TRUCK DATES

- February 3 Food Truck Friday
- February 17 Food Truck Friday

See website for the list of food trucks



WWW

WONDERFUL WINE WEDNESDAY

3rd Wednesday of the month

February 15
7:00 - 10:00p.m.
(Men and Women)

R.S.V.P. Susan Clarke via email: hsueclarke@comcast.net or Come join us at: 151 Scotland Yard Blvd.



TECH TIPS

Resetting & Reselling Your Old Smart Phones

Just because you restore a phone to factory setting or erase all data, doesn't mean your information is completely gone. These simple steps below will ensure you have protected your information from others.

It may take a while for this process to complete, so be sure to have the phone plugged into an AC outlet. You may also have an option to encrypt a SD memory card, if your phone takes one and you have one installed. Sometimes it may be better to just remove this external storage since you are giving away your phone.

- **Android Users** - Android 6.0 or newer, your data will already be encrypted by default. (If you have an older Android OS, you'll want to add encryption as it will require someone to have a PIN or password to access your data.)



Encrypt phone. Once completed you can factory reset your phone.

Settings > Backup & Reset

- **Samsung Galaxy** - most times your data

is encrypted, but if not follow these steps. Once completed be sure to sign out (and then delete) your accounts, such as Google and Samsung (on a Galaxy device), just to be safe.

Settings > Lock screen & security > Protect encrypted data. Once completed you can factory reset your phone.

Settings > Backup & Reset

- **Apple iPhone** - Turn off all services like Find My iPhone (Settings > iCloud > Find My iPhone), and then signing out of iCloud completely.

Settings > General > Reset > Erase All Content and Settings.

Remember Google and other search website will have the most up-to-date information. Good luck with your new phones and selling, recycling or donating your old devices.

BEST FOR LESS
Countertops

CALL FOR A FREE ESTIMATE **660-7064**

GRANITE, QUARTZ & MARBLE
HUGE SELECTION OF SLABS ON SITE!

WE OFFER

- Solid Wood Cabinets
- Dove Tail Drawers
- Many Styles & Colors

How YOU Save:
No Middleman - Factory Direct

Exotic Granite Starting @ \$29 Sq. Ft.
3239 Peach Drive - Jacksonville

100% FINANCING!
12 MONTHS
NO INTEREST NO PAYMENT*
*for qualified customers

Lifetime Limited Warranty!



NEW FITNESS CLASS



FUNctional Training

Before I explain what FUNctional training is, lets discuss what it is NOT:

It is **NOT** a one size fits all workout

It is **NOT** designed to be so difficult that you injure yourself.

FUNctional Training is a time based workout, designed, supervised, and lead by an ACE Certified Personal Trainer. Each exercise can be modified to each participant's ability level. It is conducted in a supportive, encouraging atmosphere. Not only are the workouts FUN, they produce results! And because it is all based on timed circuits, it doesn't matter how many of a workout you can perform, as long as you work hard.

Wednesdays
Starting February 1st
6:00 p.m.
Aberdeen Clubhouse

Please feel free to contact me through my Facebook page if you have further questions or concerns. I'm looking forward to seeing you in class!

<https://www.facebook.com/templecarejax>

Lindsay Severance, C.P.T.





BEST EXERCISES FOR YOUR BODY TYPE

Working out isn't always a simple thing. First, you have to consider your goals— do you want to get stronger? Run farther? Become more flexible? Then, you might try to figure out if your body is responding to your workout-of-choice — in other words, are you currently doing the best workout for your body type? And while that's not a perfect science (especially since some of it depends on your genes), I've taken some of the guess work out of that for you.

Of course, every workout is for every body and your physical activities don't have to be chosen based on your body composition at all.

But if you're curious how to overcome a hurdle or play up what you've got, then read on!

If you have a hard time adding muscle tone:

If you notice it's difficult to make your muscles pop no matter how much you squat, you may want to scale back the weights. Body weight exercises, like push-ups, lunges and squats are going to be the best kinds of workouts for you. Yoga and TRX training—that also involve lots of muscles working together at the same time—are good bets for you, too. These types of strength exercises are more challenging than lifting weights. They add more load to your muscles, which will create that definition you're looking for. For cardio, try high intensity interval training—whether it's running, spinning, or whatever activity you like.



STACEY BONE

If you put on muscle pretty easily:

To be clear, women really don't bulk up the way men do—it's a testosterone thing. But some gals do have a natural ability to get more ripped than others. If you love looking super strong, go for the same style of workouts recommended for those who don't put on muscle easily. Your body will respond to the extra challenge. But if you want a longer, leaner look, steer clear of moves that only target a single muscle, such as biceps curls and shoulder presses. Placing all that force on one specific muscle is a recipe for adding some size, not just strength. Instead, try doing compound exercises where several muscles are working at once, like squats with an overhead press. For cardio, I'd go for moderate, steady state aerobic exercise—where you don't allow yourself to get too out of breath. You should still be able to talk fairly easily. A brisk walk, bike ride or elliptical session, for example, are best for you.

If you have broad shoulders:

Your structure is your structure—you can't shrink your shoulders. But you can focus on lower body strength moves that will create a balanced look. Exercises like weighted single leg squats, lunges and step-ups, as well as plyometric exercises like jumps will work. Use a weight that's heavy enough that you can't do more than 10 reps of each exercise. This kind of training style will help develop

the shape of your muscles. Keep cardio lower body focused, too—things like hiking and biking are great.

If you feel like you see results everywhere but your stomach:

The strategy for you is to do strength and cardio exercise. I suggest a circuit-style toning routine where you alternate between moves that work your upper body, lower body, then abs—with as little rest as possible between sets. It's a technique that's designed to keep your heart rate up and burn more calories than traditional strength training. And keep it moderate with the cardio—nothing killer. Aim to work at a level of 5 or 6 on a scale of 1 to 10 (with 10 being the most killer, about-to-collapse workout you can imagine). And mix up the kind of cardio you do, too. To keep getting results, you need to keep challenging your body in new and different ways.

If you've got a straight up-and-down thing going on:

Go for ab exercises—such as front and side planks and bicycle crunches—that target your obliques and transverse abdominis. These muscle groups give you those nice lines down the sides of your waist. Also do moves that will sculpt your lower body (kettlebell swings, deadlifts, lunges, step-ups), as well as your shoulders and upper back (rows, flyes, shoulder raises and presses) to balance out your frame. As for aerobic exercise, try things that challenge your upper and lower body, too—like paddle boarding or boot camp classes.

If your hips and butt are your standout features:

It depends on what you want to accomplish here. If your goal is to accentuate your curves, stick to less intense cardio and focusing your effort on strength training—particularly moves that will shape and define your butt, hips and thighs, like squats. If, however, your butt is not your fave thing, try doing less lower body work and more moves to strengthen your upper half, such as biceps curls, triceps dips and kettlebell swings. For cardio, go for high intensity exercise that emphasizes your arms, back and shoulders—like boxing or rowing.



PROFILE

Meredith Lyons Thomann



Team GOYA: Where are you originally from?

Meredith Lyons Thomann: Born in Jacksonville and moved to South Florida when I was five and live there until college

TG: How long have you been a resident of Aberdeen?

MLT: Nine years in May

TG: When did you first start running?

MLT: Six years ago when Caleb was born I wanted to lose weight.

TG: Do you have any lifetime running goals (bucket list)?

MLT: Yes I would love to eventually run a marathon or a half marathon

TG: What was your first race?

MLT: Mark & I did the Gate River Run 5 k

TG: What other activities do you do to stay fit?

MLT: I love to work out. I do spin classes, weightlifting, Boot Camp classes, and of course body combat (mix martial arts classes)!

I also teach body combat and a circuit class at the YMCA

TG: What's your favorite shoe to run in?

MLT: But I really choose my shoes do you to color and then brand because they have to match my outfit. But however I do love Nike shoes they are my favorite

and most comfortable they are lightweight and still supportive. I also like under armor for the same reasons

TG: Do you enjoy running with a group or alone?

MLT: I enjoy running with a group.

TG: Do you and your husband run races together a lot?

MLT: We try to. Want to start doing more this year

TG: Ok Lighting Round

MLT: OK

TG: Superman or Batman

MLT: Batman

TG: Beer or wine

MLT: Wine

TG: Road or Trails

MLT: Road

TG: Hills or Heat

MLT: Hills

TG: Finish this sentence. I run therefore I _____

MLT: I run therefore I am strong!!!

TG:What's your message to everyone that is reading this?

MLT: Set a goal, stay focused, & finish strong. There is no greater feeling, than feeling good about yourself!! It sets the tone for how you get through life

Meet Meredith Lyons Thomann, all her friends call her Mere, She's a fitness guru that will work out and do almost anything when it comes to fitness. She is one of the original team members that started G.O.Y.A. movement. She loves to run with her husband Mark and she promotes fitness within her family and friends.



Zumba

Saturday Mornings
9:00 a.m.

1 Free Class

with this coupon



Expires 2/25/17

Aberdeen Amenity Center
Tel 217.0925
www.aberdeencdd.com

A complete guide to life and leisure on the First Coast in Baker, Clay, Duval, Nassau and St. Johns counties

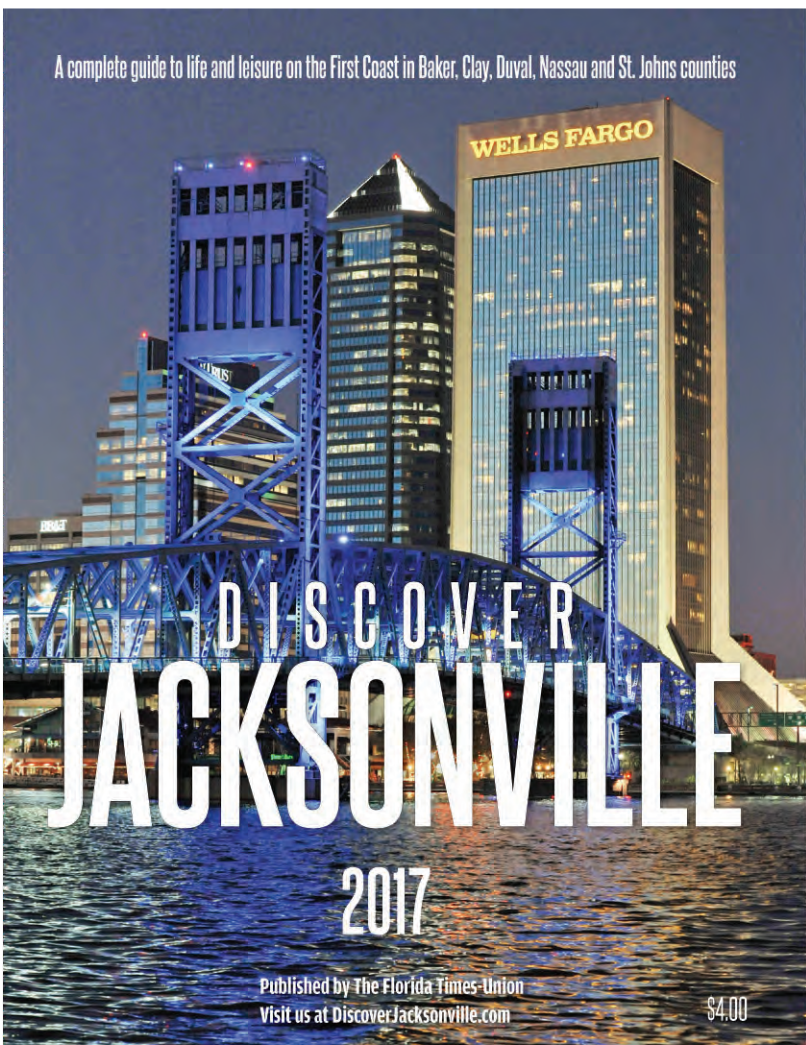
NEW for 2017

DISCOVER JACKSONVILLE Your complete guide to Florida's First Coast

If you want the most out of living on the First Coast, check out DISCOVER JACKSONVILLE, our complete guide to life and leisure.

In its pages you'll find information about communities, education, healthcare, business, transportation and the military, with a comprehensive look at what makes the region so impressive to tourists and residents alike. You'll also find sections highlighting the best recreation, entertainment, sports, dining and nightlife, and important phone numbers and websites for newcomers.

Find it at discoverjacksonville.com.



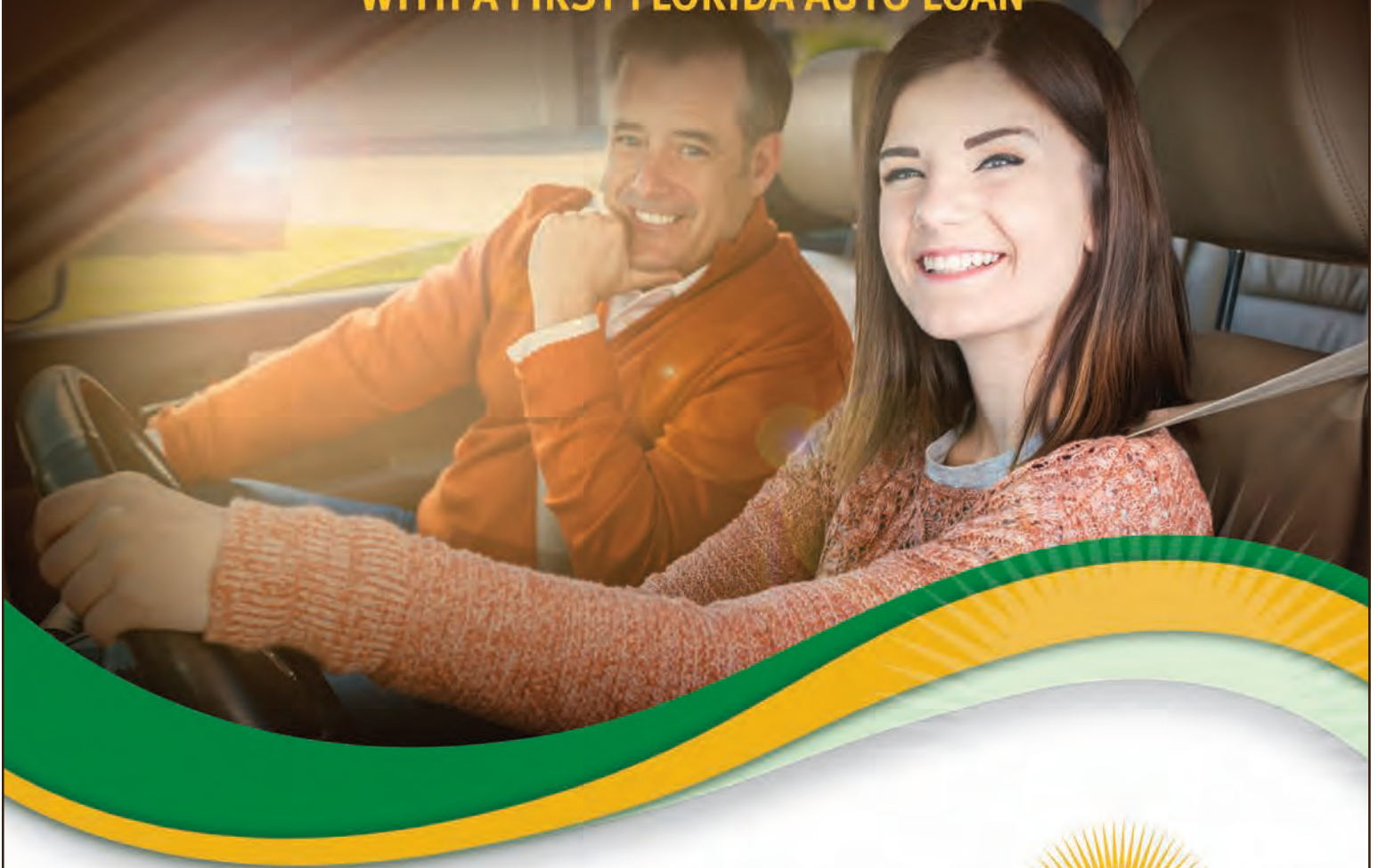
Published by The Florida Times-Union
Visit us at DiscoverJacksonville.com

\$4.00

The Florida Times-Union
jacksonville.com

SHIFT GEARS

WITH A FIRST FLORIDA AUTO LOAN



SHIFT INTO ANY STAGE OF LIFE AND EVERY ADVENTURE

Whether you're buying your teenager's first car, need an SUV made for soccer games and family vacations, or plan to retire with a sports car you'll be driving cross-country, you can count on low annual percentage rates and no payments for 90 days. You'll even get up to \$100 cash back to boost whatever adventure you choose. This offer applies to new and refinanced loans, so apply today!

- **Low Annual Percentage Rates***
- **Up to \$100 Cash Back†**
- **No Payments for Up to 90 Days**** (Interest will continue to accrue during loan payment deferral period.)

Stop by our County Road 210 Branch

1950 CR 210 West, St. Johns • Call (904) 808-4644 • (800) 766-4328, ext. 1

First Florida
CREDIT UNION

Enriching People Every Day.®

www.firstflorida.org

Connect with us:

Federally insured
by NCUA

*APR= Annual Percentage Rate. Your APR will be based upon your individualized credit history. Visit www.firstflorida.org/auto-loan-rates/ for auto, truck, and SUV loan rate information.

†First Florida will pay 1% of the amount financed or a maximum of \$100 (whichever is less) on any new or used auto, truck, or SUV. Excludes loans already financed at First Florida Credit Union. Offer is available starting November 1, 2016 and can be withdrawn at any time without prior notice. Offer cannot be used in combination with other cash back offers. Does not apply to indirect loans.

**Payments can be deferred for up to 90 days from the date of loan closing. Interest will continue to accrue during loan payment deferral period. Deferring loan payments may increase the total amount of finance charges you pay. Excludes loans already financed at First Florida Credit Union. Does not apply to indirect loans. Offer can be withdrawn at any time without prior notice.

Membership is open to anyone who lives or works in the following Florida counties: Saint Johns, Baker, Bradford, Broward, Clay, Columbia, Duval, Flagler, Franklin, Gadsden, Hillsborough, Jackson, Jefferson, Leon, Liberty, Madison, Miami-Dade, Nassau, Orange, Palm Beach, Pinellas, Seminole, Taylor, Union, Volusia, and Wakulla. Additionally, employees of the State of Florida and CSX Transportation are eligible for membership. A savings/share account with a minimum \$5.00 balance is required for membership.