



The Quail Runner

For and By the Residents
Of Quail Run



November-December 2016

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

TWO UPCOMING WINTER EVENTS

ANNUAL HOLIDAY PARTY



Saturday, December 10th, 7:00 P.M. at the Community Center.
\$2.00 per person - BYOB.

Appetizers, desserts and punch will be provided by the Social Committee.

If you wish to participate in the optional gift exchange, please bring a new wrapped \$10.00 gift. A sign up sheet is at the Community Center or call **Marlie Stott** at 978-567-5912. This is a fun event so we hope to see you there.



POLAR BEAR DINNER - BYOB

Saturday, February 11th, 6:00 P.M. at the Community Center.
\$30 per person, must be PREPAID by **SATURDAY FEBRUARY 6th**,
and given to **Barbara Edelstein**, 1E Rotherham Way or to
Barbara Baker, 4D Autumn Drive.

The menu will consist of:

Salad

Choice of Baked Haddock, Stuffed Chicken or Sirloin Tips

Dessert and Coffee



Please fill out the form below with your name and choice of menu selection. Cut at the dotted line above, enter names, check your meal choice, and submit this form with your check for \$30 dollars per person, to one of the people listed above, prior to February 6th. Checks should be made out to Barbara Edelstein.

Name: _____

___ Baked Haddock ___ Stuffed Chicken ___ Sirloin Tips

Name: _____

___ Baked Haddock ___ Stuffed Chicken ___ Sirloin Tips

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The Quail Runner Staff

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 5/7 Autumn Claire Kilcommins
 6/11 Autumn Jane Pugsley
 1/3 Strawberry Sally Mauro
 2/4 Strawberry Barbara Champine
 5 Strawberry Lee Rouse
 6/8 Strawberry - TBD
 7/12 Strawberry Joyce Blank
 1/4 Rotherham Kevin Fitzgerald
 6 Rotherham Harry Morgan

Columnists:

Technology Corner - Carole Perla & Pete Recklet
What's Up - Beverly Beylouné
Area News - Barbara Champine
Healthy Living - Peggy Rittenhouse

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Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested.

Back issues of the *Quail Runner* are available from the editor.

Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on www.QuailRunHudson.com.

Editor's Desk

MJ Ebens, editor



Farewell as Editor

A lot has happened at Quail Run since I began as editor of the newsletter in 2003. As I look back to those early days I remember the blasting going on as Strawberry Lane and later Rotherham were developed. We got used to seeing multiple dump trucks, construction equipment of all types and moving vans struggling to pass each other. A few years later the town decided to straighten the winding cow path that was Reed Road. A power pole was left in the middle of the road for months until the proper utility moved its wires – the joke at QR at the time was whether we should decorate it for the holidays – miraculously no one ever hit the pole!

We *old settlers* waited impatiently for the Community Center to be built and we were grateful to Intel for allowing us to have several community meetings in their conference rooms. After the management of QR passed from the contractor to the owners and to our elected **Board of Governors**, the first **BOG** had a huge responsibility. There were no records or plans passed on from the builder. Every decision was a first and they had to consider what the ramifications would be in coming years.

We quickly saw a need for a number of volunteer committees. These included **Communications, Building and Grounds, and Social Committees**. The **Communications Committee** sponsored a website, the resident's directory, residents email distribution list, and the *Quail Runner*. Each of these came with their own set of "first" decisions.

The **Building and Grounds Committee** assumed an important role in keeping track of the condition of the exterior buildings plus the grounds. They reported to the BOG on impending problems. This is important to each of us as part of the value of our homes depends on a well maintained and attractive property.

Continued on page 3

Our Board of Governors

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Also appears on page 2 in the *Quail Run Directory*.

Editor's Desk (con't)

The **Social Committee** stepped up and started with furnishing the Community Center. Then they worked to help build a sense of community to give residents an opportunity to get acquainted.

The *Quail Runner* began with just one page, but quickly expanded as the various columnists came on board. Some that I especially remember are the **Champines**. **George**, who began the **Technology Corner** and was our “go to guy” with an assortment of computer problems. **Barbara**, who’s also retiring with this issue, quickly joined the staff. **Beverly Beyloune** is always faithful with her Astrology, *What’s Up* column. **Hugo Guidotti**, wrote his **Real Estate** column until his health forced him to give it up. **Peggy Rittenhouse**, whose family owned the original land that Quail Run sits on, has been very helpful in providing health information from her background in nursing.

The staff, listed on page 2 of the *Quail Runner*, have all been incredibly faithful and supportive to me and to the community. It would take a whole issue of the newsletter just to list the many ways they have helped!

Karen Shaw has stepped up to carry on the newsletter and I can’t say how grateful I am to her. Please give her the support you have always given me as she finds her way in this new endeavor. Many, many thanks to **Pete Recklet** who has been a tremendous help in setting up donated computer equipment and required software for Karen.



Many Thanks to Barbara Champine

This will be **Barbara Champine’s** final **Area Highlights** column in this newsletter. She has been writing this column since the *Quail Runner* began. If something new and exciting came to her attention in the area, she was willing to share it with all other people who live at Quail Run. She and her husband George always tried to visit each place that she featured in her columns. Barbara and George enjoyed exploring each new location together before she wrote her column. After almost 13 years of writing the column, Barbara said it is time to retire.

I know everyone enjoyed reading about the many different and exciting places to visit around this area. Thank you Barbara, for an outstanding column! Barbara will still be the reporter for her area.

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ROMEO's

Retired Old Men Eating Out (and having fun!)

Pete Recklet is checking out the options for the next lunch. He will send out an email with the details.

Please contact **Pete** at 978-562-2721 or precklet@live.com if you plan to attend.

The group is open to all men at Quail Run.



Transitions



Toby Allen, formerly living at Quail Run, is now residing at the Whitcomb House, 245 West Street, Milford, Ma. 01757. She and Muffin would love to have visitors.

A few residents of 7/12 Strawberry Lane visited former neighbors **Barbara Paradiso and Ruth Fay**. Their Quail Run friends will be happy to hear that after a rather rocky start (illness, cats not eating for five days and missing QR very much) they have settled in, are well and enjoying their new home (Raymond Ct. in Georgetown). They have found the closest Market Basket and the best places to have lunch. Barbara can't plant a garden but has a great kitchen and a three season sun room. Settled as they are, they still miss their old friends and social activities at Quail Run.

The Quail Run Community is collecting for the **Hudson Food Pantry** from December 1st to 31st. Items can be dropped off at the Community Center.

Condo Care

Winter is coming and it is time to button up your home as well as yourself!



If you have drafty windows, a cure might be to use MORTITE. This is a weatherstrip and caulking cord that you peel off easily from the roll of MORTITE, place in the cracks around your window panes to seal those little drafty window cracks. In the Spring, the MORTITE can be easily peeled off from your window cracks and thrown away. This product can be found at the local hardware store.

Trash - what is / isn't "Single Stream" items that are acceptable:

- Aluminum food and beverage containers
- Brown, clear or green glass containers
- Plastic containers (#1-7) please no caps
- Newspaper, white paper, magazines, catalogs, telephone books, junk mail and other paper
- Corrugated Cardboard



Do Not Include:

- Microwavable trays
- Mirrors
- Window glass
- Light bulbs
- Plastic bags
- Hangers
- 3-ring binders and spiral binders
- Cookware and bake ware

Please note:

All containers need to be empty and free of metal caps and rings and contain less than 5% foods debris. All fiber products (paper, etc.) must be dry and free of food debris and other contaminating material. Tissues, paper towels and other paper products that have been in contact with food are not acceptable.

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Stitch & Knit

The group meets the second and fourth Tuesdays each month at members homes. **Times are changing for the meetings.** The second Tuesday meetings will run from 7-9 P.M., the fourth Tuesday meetings will run from 2-4 P.M.

All knitters (or other types of handwork) are welcome.

Next Meetings:

- Dec. 13 Marie Kapsalis
- Dec. 27 Barbara Edelstein
- Jan. 10 Ginny Fullam
- Jan. 24 Nicole Baker
- Feb. 14 tbd
- Feb. 28 Carole Perla

Contact Marie Kapsalis, 978-568-0713 for additional information.



Master Key Access

Many folks purchased previously owned units at Quail Run and had their locks changed. Not a bad idea. But, the master key no longer works. The new keys can be modified to work with the master key. This is especially critical in cases where access to a unit is required for emergencies. Repair crews may need to get into adjacent units. If the owner cannot be contacted, crews are left with no alternative to breaking in the front door.

Warner Eldredge, an approved Hudson locksmith, has the codes to re-key your locks. \$50 for a house call and \$12 per lock. You have 2 locks on your front door. He is quick and efficient and cheaper than replacing a front door.



**Astrology —
What’s Up**
by Beverly Beylouné



**Capricorn December 22 -
January 19**

Even though the holidays are coming up fast you have already been spending money on your home or helping a family member. It seems as if this spending has been sudden and spontaneous for quite awhile. Speaking of home, this is a great time to think of entertaining. You may consider the beginning of December a time to beautify your home. You may find yourself spending more time shopping for furniture or accessories or even for festive holiday decorations. While you are in the shopping mode here’s your chance to buy new things for your wardrobe and/or to find new ways to refresh your appearance. Maybe you want to do something different with your hair. Go for it! Venus will make you charismatic and hypnotic over the next few months making this a great time to circulate socially. Lucky you, you have invitations to festive holiday parties during this same time so you will be stepping out and entertaining at home.... This will be a magical year... get ready!

Quail Run Birthdays

December

- Janey Freedman 2
- Joyce Goodwin-Kent 4
- Rick Carwile 4
- Richard Ebens 6
- Jan Painter 10
- Theresa Bosio 19
- Renee Kossuth 21
- Charles (Chuck) Kent 29
- Ken Spears 29
- Marilyn Hoffman 29



To include a birthday, contact your reporter or the editor

January

- Barbara Langley 10
- Barbara Kansky 17
- Peggy Rittenhouse 20
- Shirley O’Connell 27
- Karen Hart 31

Aquarius January 20 - February 18

You are receiving help from Jupiter, the giver of gifts and luck. The affects of this help will carry over into next year. You'll experience some home related actions. Maybe find the right apartment to lease, the right buyer to sell your property to, or you may win a bid on a house or simply find the perfect piece of furniture. If you want to help a beloved relative, such as your mother, father or someone you think of as close family, now you can. You are also very lucky to have the planet Mars moving into your sign and staying for quite a few months. You have waited a long time for this privilege, specifically since December 2014. Everyone wants Mars in their sign, but we all have to wait our turn. The ancient astrologers always felt that having Mars in your sign when initiating an important life decision or action was a big advantage. Mars will give you courage, determination and drive, and you won’t take “no” for an answer (nor should you)! Have a great year!

Welcome New Residents

Let **Barbara Langley or Barbara Edelstein** know when someone moves into your neighborhood.



Area Highlights

by Barbara Champine

*THESE ARE A FEW OF
MY FAVORITE THINGS*



As the song goes, these are a few of my favorite “places”. I have been writing the Area Highlights column since the second issue of the Quail Runner in 2003. Over the 78 columns I have covered many well know places such as the Historic houses and museums in Concord or the Lowell National Historical Park. However, my favorite places are the lesser known gems to be found nearby. Here are just a few of my favorite places.

WORCESTER HISTORICAL MUSEUM at 30 Elm Street, Worcester is devoted entirely to local history and artifacts. The Worcester area is home to many “firsts” so this museum should be of interest to all. The stories that the objects tell about us, the people who used or made them, become part of the community memory.

WILLARD HOUSE AND CLOCK MUSEUM is at 11 Willard Street, North Grafton. This museum is found in one of Grafton’s oldest buildings. Their goal is to preserve and interpret the clocks and objects relating to the Willard clockmakers. Willard had the patent for the “banjo” clock, considered to be one of the most significant styles of the early 19th century.

GROPIUS HOUSE found at 68 Baker Ridge Road, Lincoln, was revolutionary in impact. It combined the traditional elements of New England architecture—wood, brick, and fieldstone—with innovative materials rarely used in domestic settings at the time, including glass block, chrome and the latest technology in fixtures.

THE BUTTERFLY PLACE at 120 Tyngsboro Road, Westford, has butterflies and tropical species from all over the world. Observe them flying freely in their natural habitat.

THE MUSEUM OF RUSSIAN ICONS in nearby Clinton is at 203 Union Street. This museum is a nonprofit educational institution that includes more than 1000 Russian icons and artifacts. The collection is the largest of its kind in North America.

Note:

George and I enjoyed finding and exploring each museum and hidden gems together. When I began writing this column we did not have smart phones or tablets. I gave you directions because we did not have a GPS. Now with search engines and Google Maps available I hope that you will discover new wonders on your own. This will be my final column. I have enjoyed sharing my finds with you.



I went to a bookstore and asked the salesman, “Where’s the Self-Help section?” He said if he told me, it would defeat the purpose.

Book Club

Meetings are at the Community Center, from 7 to 9 P.M., generally the last Wednesday of each month.

2016

December - Ordinary Grace by **William Kent Krueger**

2017

January - Still Life With Breadcrumbs by **Anna Quindlen**.

February- A Fall of Marigolds by **Susan Meissner**

For more information, contact **Carole Perla**, 978-568-9979.



Weight & Nutrition Support Group

We meet on Wednesdays at 9:30 A.M. at the Community Center. Each of us set our own reasonable goal and the group helps us stay focused.

We're starting a new challenge with our "Fat Dollars for the Food Pantry". The idea is every time you report that you've gained a pound, you put a dollar into the Food Pantry envelope. At the end of the year, we'll send the Fat Dollars to the Hudson Food Pantry.

At least we'll know that someone is getting some good out of those unwanted pounds!

Sally Mauro, 978-568-0821, rednims@aol.com is the contact for this group.

Open to all ladies at Quail Run.



JULIETS NEWS

Quail Run women are invited to Lunch

December 6, Tuesday, 12:30 at 110 Grill, Highlands Common, Hudson, (checks by table and choice of menu)

Contacts **Joan Vento** 978-567-8719, **Barbara Picarello** 978-562- 5358



January 11, Wednesday, 12:30 at Welly's, 153 Main Street, Marlborough, (separate checks and choice of menu)

Contacts **Rosemary Fitzgerald** 978-562-3230, **Ginny Bosio** 978-568-0301

Sign up with these ladies or on the list at the Community Center.

LOCAL EVENTS COMING SOON

Symphony Pro Musica performance in December will be the *Nutcracker Ballet*, a collaboration with the MetroWest Ballet and the full orchestra and guest artists from the Boston Ballet. Admission is \$30 for General, \$25 for Seniors, Students are free. You may purchase tickets at www.SymphonyProMusica.org. *Nutcracker Ballet* - Hudson High School (HHS) Auditorium, December 17, 7 P.M. and December 18, 3:30 P.M. Thanks to **Phyllis Novick** for this information.

Hudson High School's Drama Society Theatre group conducts plays in the auditorium and in their Intel Mini Theatre at the high school throughout the year. These plays are open to the public. Upcoming events: *Flop Theatre* - HHS Auditorium, December 10, 7 P.M.

The Improv Show - HHS Intel Mini Theatre, January 12, 13 & 14th, 7 P.M. A nominal fee is paid at the door. Thanks to **Sally Mauro** for this information.

Please check the HHS website to confirm dates/times of performances, since this article was written in November for the *Quail Runner*.



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Curtain Call

In November, a matinee performance of *Around the World in 80 Days* was enjoyed by many residents of Quail Run. The play was held at the Concord Players location, in Concord, Ma.



If you have suggestions for The Curtain Call Theatre Group to attend in 2017, please email me the information or give me a call.

Lorraine Cochran, lorrainecochran@comcast.net, 978-568-0165

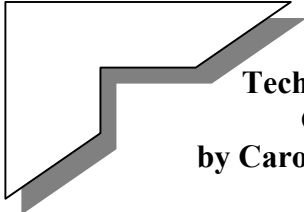
Social Committee Plan Ahead Schedule



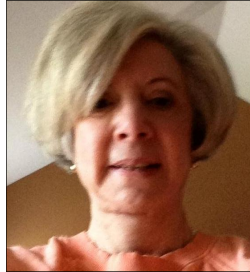
December 3 - Coffee Hour 9:30 - 11:00
December 10 - Holiday Party - Gift Exchange 7:00
December 19 - Ladies Coffee Hour 10:00

January 7 - Coffee Hour 9:30 - 11:00
January 16 - Ladies Coffee Hour 10:00
January 21 - Coffee Hour 9:30 - 11:00

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**Technology
Corner
by Carole Perla**



iPad or Computer

Upon requests, I am repeating this article, Is your computer slowing down? Do you think you need to buy a new computer? Can an iPad replace your computer?

Make a list of all the things you do on your computer. Do you surf the web, send and receive email, use Facebook or Twitter, use a word processing or spreadsheet program, or play games? Then an iPad can handle all of these tasks. You can also edit photos on the iPad. Unlike a lot of computers the iPad has both touch screen and voice-recognition.

On the other hand if you need lots of storage space for photos or do more complex tasks like video or audio editing, use macros in spreadsheets or plan on writing a book, then you need a computer. Most storage for an iPad is done in the cloud rather than on the device.

Applications for the iPad are less expensive than those for a Windows PC. Updating the operating system for the iPad is free unlike a PC using a Windows operating system.

The iPad comes with a variety of pre-installed applications. A sample of the pre-installed applications include Safari for surfing the web, Mail, Calendar, Contacts, Photo, to edit movies and photos, Camera, to take pictures or videos, Music, Maps, News, Health, App Store, iBooks, to read PDF files, Weather, Notes, Reminders, and Stocks.

Thousand more apps can be downloaded from the App Store. Some of the free apps include Pages, a word processing app, and Numbers, a spreadsheet, Overdrive or Kindle, that allow you to download thousand of ebooks, audiobooks and streaming video from your public library. Both Pages and Numbers documents can be saved as Microsoft documents so they can be emailed to PC users.

As some of you know I have used both Windows and Apple products but now I am exclusively an Apple user so I cannot compare the Surface Pro, Pixel, Samsung Galaxy, Amazon Fire or any other tablet on the market.

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**Resending—Fresh Start Furniture Bank
Local Hudson Charity**

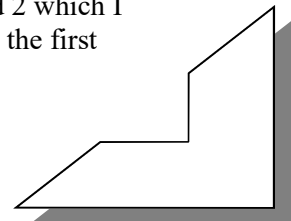
In the last issue we wrote about this charity. Now that the holidays are upon us, we wanted to reprint the information for the residents of Quail Run. This charity is always looking for donations of furniture, housewares and linens. All that they ask is that items be clean and in good working condition. They need lamps, pot and pans, towels, sheet sets, blankets, comforters, matching kitchen chairs, small TV stands, artwork and microwaves.

All donations are tax deductible and their website is at www.FreshStartFurnitureBank.org.

Drop donations off on Tuesdays and Thursdays from 10-12 and Saturdays 9-12 at 34 Tower Street. They will pick up larger furniture items on Saturdays. They can be reached at 508-485-2080 option 3. Leave them a message and they will see if your items qualify for a pick-up.

* * *

As for some of the Windows computers that are available for less money than an iPad will cost you, they usually contain old hardware that manufacturers are trying to deplete from their inventory. How long one of these computers will last is anyone's guess. I do know that my daughter still has my iPad 2 which I purchased in 2012 and I am using the first generation iPad Air since 2014.



November Board of Governors (BOG) News

Mark your calendars. The Annual Budget Meeting is scheduled for 7:00 P. M. December 15, 2016 at the Community Center. Hope everyone can make this very important meeting. In the meantime, by the time this article is published, you should have received notice from The Dartmouth Group regarding an increase to your condominium fees for 2017. The Board spent many hours looking at everything that needs to be addressed versus the cost to unit owners. We have done our best to be fiscally responsible.

For the most part the deck staining/repair project is finished. Some decks still have sections that were replaced with pressure treated wood that cannot be painted until spring. The Board will closely monitor this process in the spring.

There is a very tall pine tree on Rotherham that must be removed before we get a snow storm or really strong wind. It is rotted at the center and there is concern it may fall over onto the road and potentially hit a car – God forbid. The trunk pieces will be put over the hill behind the fence line; otherwise the cost for removal would be much greater. Hopefully by the time this article is published it will have been removed.

The irrigation system has been a major expense during 2016. Significant repairs have been made to the system. Several driveways have been dug up and repaired due to leaks under the driveways. Backflow preventers were re-secured to the buildings and repaired as needed. Pressure reducers and service “Ts” with sillcocks were installed on every backflow preventer. This will allow the backflow preventers to remain in place through the winter saving the expense of removing and re-installing each year. Installing pressure reducers will prolong the life of the piping system as well as save water. Master valves have been replaced. Our irrigation system has been blown out for the season. As part of the irrigation shut down process, the irrigation line that runs from 2 Autumn Drive along the back of the Quail Run property line toward Reed Road and next to the child care facility has finally been sealed off. This was something ValleyCrest was to have done a couple of years ago. This irrigation line was causing some damage to the pine trees plus we don’t need to incur the water cost. Not all irrigation heads have been located. This will be addressed again in 2017. At the end of the season there was still one irrigation leak that needs to be found and repaired at 1/3 Autumn Drive. The backflow preventer located at 1A Autumn Drive feeds the irrigation system for both buildings. All other known irrigation leaks were repaired. However, since our irrigation system was installed before final grade (i.e., sitting on rocks and pin holes in the lines will continue to develop causing leaks) this does not imply that we will not have additional leaks next year or that more driveways will nor be impacted.

All ornamental trees have been deep fertilized. A list of trees for replacement is included in the 2017 Budget. Please do note that trees being replaced must be watered by residents at least every other day. Let’s hope we are no longer under a no-watering ban next spring and summer. The trees along the side of the units at 4/6 Rotherham Way will be removed. They are too close to the units and are causing problems with the irrigation system and potentially the gas lines along with the foundations. The area will be re-graded and seeded. Several dead trees are to also be removed in the spring.

Several sections of shingles along the roof ridge above garages or on the sides of end units have been replaced. One unit had an issue with carpenter bees, other units had missing shingles, some units had holes in the shingles from woodpeckers, etc. One thing that the contractor indicated was once again we can thank the developer for not installing the shingles correctly or using a quality product (e.g., shingles were stapled instead of being nailed, no proper backing material, shingles were the cheapest on the market, and stainless steel staples were not used thus shingles are turning black). **Mike McCormack** and **Scott Forbes**, the contractor, reviewed the shingles on all units and compiled a list of the “worst of the worst”. The replacement cost for the shingles on these units has been included in the 2017 Budget and will be addressed in the spring. This is an issue we must continue to monitor and correct as other units start to have shingle issues.

All lights on the short lamp posts by the mailbox kiosks were replaced with LED bulbs. The lights on the Autumn Drive Quail Run entrance sign were fixed and also now have LED bulbs. Hopefully the new bulbs will last a lot longer and save us money.

The front porch power washing and ceiling painting project is scheduled for the spring providing we are not under an outside watering ban. Again, most of the cost of this project is from the winter of 2014/2015 insurance claim settlement monies.



The Board wishes everyone a happy and healthy holiday season.

INTEL UPDATE INFORMATION

Dear Neighbor:

We would like to invite you for dessert and coffee on Wednesday, January 11th, 2017 at 6:30 P.M. at 77 Reed Road (HD2) to update you on the status of the F17 demolition project.

As you may know, Intel ceased manufacturing operations at the Hudson site in the spring of 2015. The decommission process of the semiconductor facility is projected to be completed by the end of this current year. Starting in early 2017, Intel will transition the project over to a general contractor. The plan is to still demolish Fab 17 and its support buildings and restore the land to a buildable state.

At the meeting in January we will take the opportunity to provide you with an overview on the work Intel has currently completed, an update on the projected schedule, overview of the next phase of the project, and answer any questions you may have. Our goal throughout the demolition of Fab 17 is to continue and maintain open communication with our neighbors so that, if there are any inconveniences or concerns, we can address them.

Intel's Massachusetts Research and Design Center in HD2, where hundreds of engineers will continue to design some of the most advanced silicon technologies and products will remain. HD1 will also continue to provide support functions for the site.

Please let me know if you will be able to join us by calling my office (978)553-2158 or emailing me at rachael.hamer@intel.com by Friday, January 6th. I am looking forward to seeing you.

Sincerely,

Rachael Hamer
Public Affairs Manager



HEALTHY LIVING

by Peggy Rittenhouse

Why sitting may be hazardous to your health



An easy chair by the fire is inviting, but don't get too cozy! Health risks increase with time spent sitting. Every time we think we have a handle on all the things that are bad for us, another one is added to the list.

A few years ago, researchers put inactivity on the roster of major health risks. We all know that smoking is bad for our health but it isn't common knowledge that physical inactivity is as powerful a risk factor as smoking, according to Dr. I-Min Lee, professor of medicine at Harvard Medical School and reported in Harvard Women's Health Watch (November 2016). She has studied the effects of exercise for more than a decade and was one of the first to identify inactivity as a health hazard. When researchers compared the health outcomes of study participants who were inactive—those getting less than 150 minutes a week of moderate exercise—to those who got more exercise, they found that inactivity alone counted for an increased risk of breast and colon cancers as well as heart disease and diabetes.

In a study reported in *The Journal of the American Medical Association* (2013) showed that total sitting time increased and the number of breaks per hour decreased with age and body mass index. Interrupting sitting time with short bouts of walking lowers blood sugar and insulin levels in overweight or obese adults and that short bouts of activity improved the function of blood vessels. In an analysis of 16 studies that tracked exercise and sitting over time, Dr. Lee and colleagues concluded that daily exercise may erase the detrimental effects of sitting. The team determined that 60 to 75 minutes of moderate exercise daily eliminated the risk of an early death conferred by eight hours of sitting.

It can be hard to remember to get up and move, especially when you're engrossed in a good book or television program but it is important to remember to do it.