



At Home

Making the Most of Living in a Cowboy
Properties Community
Sept. 16, 2022

Watch TV the Healthy Way

Most of us have spent a weekend binge-watching a TV series, but the effects of too much sitting are well documented. Use these tips to stay healthier while you watch.

Do some exercises during commercials. Cardio examples may include jumping jacks, high knees or jump rope. Knock out a set of bodyweight exercises like squats, push ups or crunches.

Play a drinking game with small glasses of water. Google can help with suggestions depending on the show you are watching.

Hold a plank during the credits.

Sprint in place while the clock is running during a football or basketball game. For football, if you start with five minutes left in the game, you'll have plenty of breaks with all the timeouts and out-of-bounds but still get five minutes of intense cardio.

Stick with healthy snacks. Don't bring the whole bag, but portion out a single serving.

Hit pause between episodes to get up and move. Do one chore between episodes, or take a walk around the block.

Make a point to stop when it's bedtime instead of watching just one more episode.

Stand up and do a few stretches while you watch.

Lagoon Tickets Giveaway

We are giving away two tickets to Lagoon! Currently open weekends through Oct. 30, their Frightmares Halloween-themed entertainment features over nine haunted attractions ranging from family-friendly to terrifyingly scary. Lagoon is located in Farmington, approximately 25 minutes from downtown Salt Lake. [Click here to enter the giveaway.](#)

Your Favorite Places

Share your favorite local businesses with us! Supporting local businesses is important to us, especially during these times. [Please fill out this short form](#) to tell us about what businesses you would recommend to your fellow residents, which we will highlight in an upcoming newsletter.

[Myungrang Hotdog](#)

11428 S Pkwy Plaza Dr. #300, South Jordan

This popular Korean street food came to America a few years ago. Different from a corn dog, the batter for a myungrang hot dog is made with rice flour, which makes the texture chewier. The term 'hot dog' is used loosely, as several products do not contain any conventional hot dogs. Our resident says that "they did NOT disappoint!! They're sweet and savory, so delicious! Don't pass up on this place! Best authentic Korean street food!" If you're feeling adventurous try the squid ink and mozzarella hot dog, the rice cake hot dog, or add deep fried potato cubes to your batter.

Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 6 months and up is eligible for the vaccine in Utah. Need a rapid test? [Here is a list of locations.](#) Visit [Covid.gov/tests](#) to receive four free at-home test kits. [Click for the latest information on Covid booster shots.](#)

[Click for information on pharmacies offering free N95 masks.](#)

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

[Housing Assistance](#)

[rentrelief.utah.gov](#)

[General Assistance \(Utilities, Food, Housing\)](#)

[utahca.org/housing/](#) or call (801) 359-2444
[211utah.org/](#) or call 211

[Utah Department of Workforce Services Resources](#)

[jobs.utah.gov/](#)

[Food Resources, and Mobile Food Pantry Dates and Locations](#)

[slc.gov/sustainability/food-covid/](#)
[utahfoodbank.org/programs/mobile-pantry/](#)
[feedut.org/](#)