

HEALTHY, WEALTHY & WISE

JANUARY 2016

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"The most misleading assumptions are the ones you don't even know you're making." – Douglas Noel Adams

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National Association of Professional Organizers



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Is it Time to Clean Your Upholstery?

What's better than a late afternoon nap on your favorite sofa? What's more enjoyable than reading a great book while snuggled in an overstuffed chair? Whether you are spending some quiet time alone or watching the big game with the whole gang, soft, comfortable upholstered furniture is usually the seating of choice.

Look under the cushions of a typical piece of upholstered furniture and you will usually find one or more tags. You probably don't give them much thought, but understanding one of them may save you hundreds or even thousands of dollars.

There is one tag that tells you the contents of the furniture. This tag is required by law. You may see "spun polyester" or "polyurethane foam" on that tag. It is important to note that the contents tag only tells you what is inside the furniture, not the fabric covering it.

As with everything else in your home, upholstered furniture requires proper care and cleaning. Pollution, allergens,

dander, sweat and body oils stick to fabric and spots and spills do happen. It's best to clean these fabrics before the soil builds up and spots become permanent stains.

Fortunately, most upholstered furniture will have a tag containing cleaning recommendations. As part of this tag you will find a cleaning code. Please note that these tags and codes are a guide to assist you in spot cleaning only. Overall cleaning should be left to the professionals at Professional Carpet Systems. According to the Institute of Inspection Cleaning and Restoration Certification (IICRC), professional cleaning should be done every 12-24 months.

Many types of fabric are used to upholster furniture. Rarely will you find a tag that reveals the fiber content of the fabric covering the piece. This can create problems for consumers who want to know how best to care for the fabrics.

Fabrics are made from a variety of fibers including cotton, polyester, silk, rayon, nylon, polypropylene, acetate,

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Spinach Mushroom Omelet

Ingredients:

- 1 egg
- 3 egg whites
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon shredded reduced-fat Cheddar cheese
- 1/4 teaspoon salt
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon olive oil
- 1/2 cup sliced fresh mushrooms
- 1/4 cup diced green onion
- 2 tablespoons finely chopped red bell pepper
- 1 cup torn fresh spinach

Directions:

1. Beat egg and egg whites in a small bowl. Mix in parmesan cheese, cheddar cheese, salt, red pepper flakes, garlic powder, nutmeg, and pepper.
2. Heat oil in a large skillet over medium heat; cook and stir mushrooms, green onion, and bell pepper until tender, about 5 minutes. Place spinach in skillet and cook until just wilted. Stir in diced tomato and egg mixture; as eggs set, lift edges, letting uncooked portion flow underneath. Cook until egg mixture sets, 10 to 15 minutes; cut into wedges and serve immediately.

recipe courtesy allrecipes.com

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► Continued from cover

acrylic, wool and blends thereof. Each fiber is different and has its own unique characteristics, including how they can be safely cleaned. There are unlimited combinations of dye methods, colors and patterns as well.

A cleaning agent that works great on one fabric may produce disastrous damage to another. Shrinkage, browning, dye bleed, color loss and even fiber deterioration can occur if improper cleaning agents or methods are used. This kind of damage is usually not correctable.

The cleaning recommendations tag is designed to help choose the right cleaning and spotting methods to avoid bleeding, color-loss, shrinkage and browning. Regardless of what the cleaning label states, test all cleaners in an inconspicuous area first.

Here are the cleaning codes and their meanings:

W – Spot clean only with water-based shampoo or foam upholstery cleaner. Do not over wet. Do not use solvents.

S – Spot clean only with a water-free dry cleaning solvent. Pretest

Pumping Iron at Every Age

Weight training and other weight bearing exercises have long been known for their health benefits. Many studies have shown these types of exercises are good for adults of any age. But a recent recommendation by the American College of Sports Medicine reveals that weight training is more beneficial for seniors than previously thought.

For those over the age of 50, weight training helps prevent osteoporosis and can increase bone density. Recent studies also show that weight lifting can improve cognitive functioning as well.

Seniors should take special care to use weight training equipment correctly to avoid injury or strain.

a small, inconspicuous area before proceeding. Do not saturate. DO NOT USE WATER.

WS or SW – Spot clean with upholstery shampoo, foam from a mild detergent, or dry cleaning solvent.

X – Clean only by vacuuming or light brushing with a non-metallic, bristle brush. DO NOT USE ANY WATER- OR SOLVENT-BASED CLEANER.

When cleaning a spill, blot immediately to remove spilled material. Apply spotters sparingly so as not to over wet the spot. When cleaning spots or stains, work from the outside edge of the spot toward the middle. This helps prevent spreading the spot.

When your upholstered furniture requires a full cleaning, call Professional Carpet Systems. We will take the time to identify the safest and most effective method to clean your furnishings without risk of changing the color, texture or finish. As a final step, we also recommend that we refresh the fabric protector to help maintain the beauty of your upholstery for many years.



Lifting too much weight can cause problems as can improper technique. If a person is new to weight training, it is best to have some sessions with a professional trainer to learn the correct forms and techniques, not only to lift safely but to maximize the benefits of this activity.

5 Fat Loss Myths Debunked

Everywhere you turn there's another headline about how to lose weight and shave off fat. Many of these eye-catching headlines are myths, plain and simple. And if you're not careful, they can suck you in and spit you out, without helping you lose any weight at all.

Myth #1: You Need to Work Out Every Day

A little bit of working out will help you lose a little bit of weight, so a lot will help a lot...right? Possibly. If your "little bit" of working out involves taking a walk from your living room to your mailbox, ramping up to a jog around the neighborhood, then everyday is a good thing. However, if you're pushing it hard at the gym 5 days a week, adding another two days isn't a great idea. Not only do you increase your chance for overuse injury, but you don't give your body time to recover. If your body can't recover, you can't get your peak performance every day, making it harder to burn fat.

Myth #2: Slow Is Better

Slow-moving folks rejoiced at the idea that a slower pace could mean more fat burned. And while moving slower—walking instead of running—may seem more appealing, there is a problem. Because moving at a faster pace and pushing yourself harder will always burn more calories in less time. Of course, if you plan to walk at a moderate pace for three hours, you will burn more than if you sprint 100 yards and call it quits. But if you can sprint 100 yards, walk 20 yards, and then sprint again, repeating the process for an hour, you will easily shed more calories, fat, and pounds, than just going for a walk.

Myth #3: Cardio Is All You Need

Want to lose weight? Good. You'll need to get some cardiovascular exercise. But don't buy into the idea that cardio is all you need to lose weight. If you don't lift weights or do some sort of strength training, your aerobic workouts will eventually work to burn off your muscle as well as fat. In the end, this means less strength and a lower metabolism—both



which could lead to an inability to maintain a workout routine.

Myth #4: Your Workout Should Be Killer

Ever feel your workout didn't work you hard enough? If you're improving and increasing, don't sweat it. That's just a sign that your body is growing stronger and better able to handle whatever you throw at it. While many think a workout isn't good unless it leaves you unable to stand up straight or lift a book, don't believe the hype. Pushing your body so hard that you can't function after a workout may give you mental assurance that you're working hard, but it's putting you at extreme risk for extreme injury.

Myth #5: There Are Negative-Calorie Foods

Whether you've bought into the myth or not, you've likely heard that certain foods—celery is a favorite—burn more calories via digestion than they contain. So if you eat nothing but celery, you'll burn more calories than you consume, which catapults your weight-loss ability into the heavens. Unfortunately, this isn't true. Celery is low in calories, but you could survive on it if there was no other food available.

Call or email me today and we will get you started on the exercise program that will reshape your body and shed that fat once and for all!

Yours in Health & Fitness,

A handwritten signature in black ink, appearing to read 'Barney Villa'.

Barney Villa

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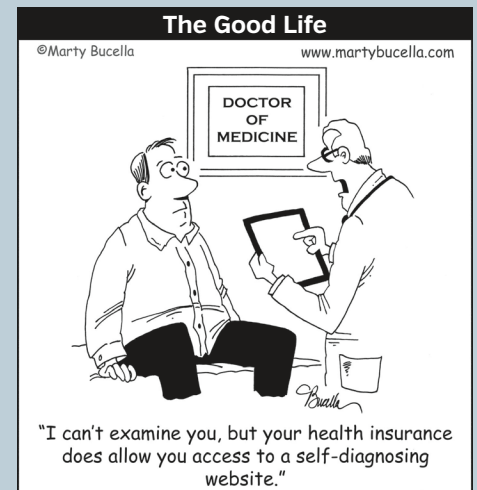
Good Clean Funnies

Bring Your Own Food

A couple went into a café and sat down at a corner table. They ordered two drinks and then took sandwiches out of their backpacks and started to eat them.

The waiter came with their drinks and saw them eating. He said, "You can't eat your own sandwiches in here!"

The couple stopped, shrugged, swapped their sandwiches, and continued eating.



Quick Tips

Food Tip

If you are roasting meat, but do not have a roasting rack, simply place a layer of coarse chopped celery or onions on the bottom of the pan. Put the meat on top of the vegetables. They will keep the meat off of the bottom of the pan and will provide flavor during the cooking process. Gravy made from the drippings of the meat cooked in this way has the added flavor of these vegetables.

Healthy Living Tip

Nuts are packed with healthy protein and fats, including omega-3 fatty acids. These have been shown to boost mental functioning. Not only are nuts nutritious, they can also help you avoid overeating. Snacking on a handful of nuts half an hour before a meal will help you keep your appetite in control.

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Win a \$25 Restaurant Gift Card

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

The fiber content of most upholstered furniture:

- a. is irrelevant when it comes to cleaning
- b. is rarely revealed on product labels
- c. is found on the "content" label
- d. includes a mysterious self-cleaning polymer

Once you've found the correct answer, email it to anna@pcssuperior.com. At the end of the month, we will draw from the correct answers and someone will win a \$25 Restaurant gift card.

Contest Expires 1/31/2016.

Need help with your wood floors and not sure where to turn? Professional Carpet Systems has your answer!

We are now fully trained and ready to offer residential wood floor deep cleaning and a rejuvenation recoat service. Minimal cure times and long lasting results. Bring back that clean floor shine that your home has been missing.