



### 1. Eat more whole foods

One of the easiest and most sustainable ways to improve overall health is to eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain a plethora of nutrients that your body needs to function at an optimal level. Research shows that following a whole-foods-based diet may significantly reduce heart disease risk factors, body weight, and blood sugar levels, as well as decrease your risk of certain diseases, such as type 2 diabetes. What's more, adding more whole foods to your diet can be done slowly and consistently. For example, if you're not used to eating vegetables, start by adding one serving of your favorite veggie to your diet every day.

### 2. Sit less and move more

Whether it's due to having a sedentary job or simply being inactive, many people sit more than they should. Sitting too much can have negative effects on health. In fact, it may be linked to an increased risk of overall mortality. Making a resolution to sit less is an easy and attainable resolution that can be tailored to fit your lifestyle. For example, if you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

### 3. Get more quality sleep

Sleep is an essential part of overall health, and sleep deprivation can lead to serious consequences. For instance, lack of sleep may increase your risk of weight gain, heart

disease, and depression. There are many reasons why people don't get enough sleep, so it's important to focus on your schedule and lifestyle to determine the best ways to improve sleep quantity and quality. Decreasing screen time before bed, reducing light pollution in your bedroom, cutting back on caffeine, and getting to bed at a reasonable hour are some simple ways to improve sleep hygiene.

### 4. Limit screen time

Many people depend on their phones and computers for work and entertainment. However, spending too much time on electronic devices — particularly on social media — has been linked to depression, anxiety, and loneliness in some studies. Setting a resolution to cut back on the time you spend scrolling through social media, watching TV, or playing computer games may help boost your mood and enhance productivity.

### 5. Try meditation

Meditation is an evidence-based way to promote mental well-being. It may be particularly helpful for people who have anxiety or depression. Trying out this practice is a perfect New Year's resolution because there are many ways to meditate, and it's easy to find books, podcasts, and apps that teach you how to start a meditation practice. Trying out this practice is a perfect New Year's resolution because there are many ways to meditate, and it's easy to find books, podcasts, and apps that teach you how to start a meditation practice.



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# Dave's 2019 Year End Wrap Up

**All in all, it was a good strong year for real estate in the Headwaters area... and Canada wide. This is most likely due to:**

- Demand for homes in our area; homeowners migrating northwest from the GTA into the headwaters.
- Interest rates have remained low with no major signs that the bank of Canada will increase them in the near future.
- Homeowners have accepted the new foreign buyer's tax and the stress test introduced at the beginning of last year. It's now a reality for purchases. These two factors slowed the market somewhat at the beginning of 2018 but I think the public has rebounded from their initial feelings of uneasiness and skepticism.
- Prices still remain pretty reasonable, and buyer's are not paying over market value in almost most cases, like what happened in 2017.
- We also have the introduction of the first time home buyer's incentive, which the government would assist in downpayments in the area of 5% up to 10% for new construction. I don't know how many people have taken advantage of this, as they might not like the government owning a share of their home, as well as the maximum home price allowed is in the area of \$550,000 which won't get you much especially in the GTA.

**Orangeville this year compared to 2018, we've seen**

- Average sale prices rise from \$542,687 up to \$563,446 which is an increase of 3.83%
- The number of homes listed this year was 833, up 5.84% from last year
- We've had 80 more sales this year in Orangeville, up from 508 to 588 which is an increase of 15.75%.
- Sale prices have risen at a healthy rate this year at 3.83%. Higher than the inflation rate for Canada which is just under 2%.
- Average days on market for a home this year was 25, so under a month. So homes are selling quite quickly especially in the price range under \$700,000.

**In Dufferin, which includes Shelburne, average sale prices have risen 4.06% up to \$696,500** and the number of sales has also increased 14.32% (519 sales).

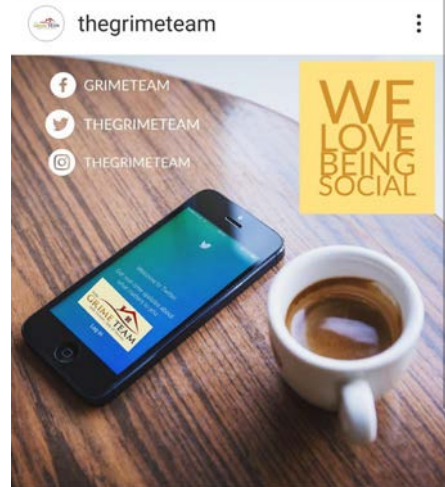
**Caledon was similar, with an average price increase of 2.27%;** avg price is \$944,315, and the number of sales was up 15.25%.

**Wellington including Erin, average sale prices were up 4.49%,** and the number of sales increased 24.09% which is a substantial increase.

Inventory is low this time of year...but the buyers are still out there, and if they're looking at this time of year, they don't have much selection to choose from. Current Sellers with their homes on the market have the advantage of not a lot of competition.

It's like picking up last minute Christmas gifts. You have to get something, and if the store only has 10 gifts on the shelf, you're choosing one of them.

**Next year, I can see the stats mimicking those of this year.** The Royal LePage market survey forecast predicts prices are expected to rise 3.2% next year due to healthy buyer demand. Immigration plays a factor in this demand, and the fact that homebuyers who put home purchasing on hold at the beginning of 2018, started returning to the market in the second half of this year. Peak millennials in their mid 30's have also shifted from their condos to freehold housing. **So it's looking like another positive year in 2020. - Dave**



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**Thank You to our clients who helped The Grime Team with Orangeville Food Bank Donations at our Client Pancake Breakfast.**