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May the God of hope
fill you with all joy
and peace in believing,
so that by the power of
the Holy Spirit you may
abound in hope.

-Romans 15:13

Moving toward a Healthier Lifestyle

I have not always been interested in health. In fact, I used to get up in the middle of the night and eat a few cookies. But since I want to see my grandchildren grow up, I've decided to change a few things.

For example, now I go to the gym three times a week. Because all I need are a few weight machines, I go to a nearby gym that only costs \$15 a month (you will pay extra for saunas, food bars, etc.) I realize there are lots of gym rats who love to hang out at the gym, but not me. I'm in and out in 45 minutes. Exercise is still an unwanted task and I can't wait for each workout to be over. A few years ago, I learned how to lift weights by watching a DVD series called P90X, led by Tony Horton.



Dr. Joseph Mercola of Mercola.com says that strength training is not optional for seniors, because every year after 30 years of age, you lose muscle mass. Many seniors fall because they did not take the time to do strength training. I advise you to seriously consider adding strength training to your schedule.

Another habit I've changed as I've aged is that I don't eat sugar anymore (now I eat nuts in the middle of the night). Last year when I was on a rafting trip with my five sons and son-in-law, I cheated a little and ate some sugar. The boys told my wife, who is the Sugar Police. But mostly, I don't eat any sugar at all. As you probably know, the most important piece of the health puzzle is to eat correctly. Getting off junk food, sugar, and worthless carbs (like crackers and chips) is imperative, as is replacing those foods with good fats, good protein choices, and of course, lots of fresh vegetables!

Another habit that I'm working on is to try to drink more water. Every day, I bring a large bottle of water to work and it usually just sits on my desk. My son will come in my office, pick up the bottle, and put it directly under my face. I still seem to need lots of encouragement in my endeavors to get healthy.

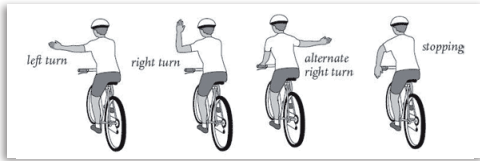
The last habit I'm trying to change is to not sit as much. Sitting too much is the new smoking. As a lawyer, I can easily sit at my desk all morning, only getting up to get a cup of coffee. So now I intentionally take breaks and walk on the balcony outside my office just to get my blood circulating.

Although it is very time-consuming to add fixing healthy meals and exercising to your already busy life, you will regret not doing so if you lose your health. Being healthy is one of the best blessings in life, and you have a lot of control over the choices that make you healthy. It's hard to change many habits at once, but maybe you could pick just one habit and over time, add other healthy habits to your life.

Blessings,

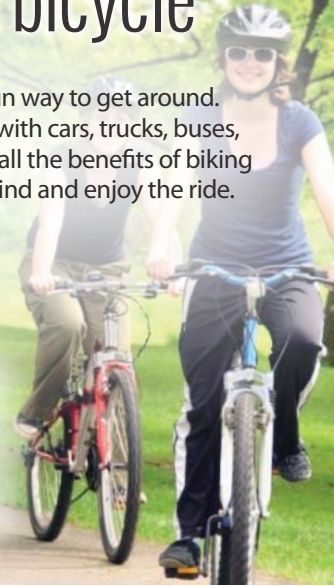
David Gordon

BICYCLE SAFETY 10 tips for staying safe on a bicycle



Riding a bicycle is a healthy, environmentally-friendly, and just plain fun way to get around. The road, however, can be a dangerous place. When sharing the road with cars, trucks, buses, and pedestrians, it is important to be mindful of safety so you can get all the benefits of biking while minimizing the risks of an accident. Keep the following tips in mind and enjoy the ride.

1. Wear a helmet.
2. Ride on the right side of the road, with the flow of traffic.
3. Give your bicycle a quick inspection. Make sure the reflectors are secure, tires are properly inflated, brakes are working well, and gears change smoothly.
4. Respect the rules of the road. Stop at intersections and don't go the wrong way on a one-way street.
5. If riding at night, use a light and wear bright clothing so you are visible to motorists.
6. Yield to pedestrians.
7. Watch out for puddles, potholes, gravel, storm grates, and other obstructions.
8. Ride as if you are invisible. Motorists are not normally in the habit of watching for bikes, so it's best to assume they don't see you.
9. No headphones. You need full use of your hearing while riding.
10. Use hand signals so those around you know what moves you're about to make.



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I had given up on the justice system and my trust in lawyers until I hired David Gordon. He restored my trust in lawyers because he is so honest and fair. I feel like he went the extra mile and he always had my best interest at heart. He never made a promise to me he did not keep. He was always there when I needed him just like he'll be there for you.

-Patricia V



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Growth in bicycling rates

There is a national surge in bicycling and it appears to be linked to our nation's desire to be healthy. Cities around the country are encouraging bike use with trails like our Greenline and separate bike lanes such as we see in Germantown.

Biking rates among people between the ages of 60 and 79 are soaring, an analysis of federal data shows. New trips by seniors account for 22 percent of the nation's growth in adult biking. And because biking among children is actually falling, these seniors' new trips are equivalent to more than a third of the overall gain in biking.

Growth in bicycling rates by age group, 1995-2009

