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Exercise Can Decrease Hunger

By Dr. Donald A. Miller

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It is obvious that exercise directly helps the loss of excess weight by burning calories. It is less well known that exercise also has indirect benefits for controlling weight.

Many studies have found that even moderate exercise can improve the feeling of well being and vitality. When you put aside a sluggish body, you also tend to put aside cravings for food, especially harmful foods. Of course, if you have really gone all out in burning calories, your body will tell you that you need to eat. But you will tend to taper off as you satisfy your body's real needs.

Here's a trick that works for me. If weather cooperates, a walk before breakfast helps me to be satisfied with a small breakfast of well chosen foods. If my schedule allows, a half hour of jogging, then shower, before lunch helps me be satisfied with a light meal.

Play around with this concept, and listen to what your body tells you. You might well find that heavy exercise after supper is out of the question, but medium to heavy exercise which ends 30 to 60 minutes before supper can actually

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reduce your craving for food, especially deserts.

Don't forget, however, that wise choices of food types means you can eat heartily without counting carbs or calories.

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

San Diego Home Sales Data - August 2006

By Real Estate Advisor

If you are in the market for San Diego real estate, homes or condos for sale, then you're probably keeping up on current market trends. The article describes August 2006 sales data for single-family homes located in Central San Diego County.

One way to determine if home prices are falling or increasing in a particular region is to compare the median price of homes in a community against the median price a year ago. The median price is a mid-point, where half the homes are above that price and half are below.

The communities that comprise Central San Diego County are listed below. The communities are organized based whether or not they had an increase or decrease in the median price compared to August 2005. The percent change increase or decrease from the previous year is also noted.

Communities That Had an Increase in the Median Price

Golden Hill: \$500,000 (23.5% increase from August 2005) Old Town: \$700,000 (11.6% increase from August 2005) San Carlos: \$620,000 (10.7% increase from August 2005) Point Loma: \$1,340,625 (7.7% increase from August 2005) La Jolla: \$1,650,000 (5.3% increase from August 2005) Logan Heights: \$410,000 (5.1% increase from August 2005)

Communities That Had a Decrease in the Median Price

Sorrento Valley: \$616,000 (-25.7% decrease from August 2005) Del Cerro: \$505,000 (-20.5% decrease from August 2005) Coronado: \$1,400,000 (-20.0% decrease from August 2005) Mission Valley: \$500,000 (-18.7% decrease from August 2005) Pacific Beach: \$786,000 (-17.3% decrease from August 2005) Ocean Beach: \$817,000 (-14.5% decrease from August 2005) University City: \$680,000 (-13.8% decrease from August 2005) Tierrasanta: \$650,000 (-12.4% decrease from August 2005) College Grove: \$477,500 (-7.3% decrease from August 2005) Mira Mesa: \$499,000 (-7.2% decrease from August 2005) North Park: \$575,000 (-6.7% decrease from August 2005) Paradise Hills: \$462,500 (-5.6% decrease from August 2005) City Heights: \$400,000 (-5.5% decrease from August 2005) Scripps Miramar: \$695,000 (-5.4% decrease from August 2005) Linda Vista: \$530,000 (-4.5% decrease from August 2005) Normal Heights: \$540,000 (-4.0% decrease from August 2005) Clairemont: \$535,000 (-2.7% decrease from August 2005) Encanto: \$445,000 (-2.5% decrease from August 2005)

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August 2005) Mission Hills: \$745,000 (-0.3% decrease from August 2005)

The median price is just one measure to evaluate the condition of a real estate market. A qualified real estate agent can provide you additional insights about factors that influence home prices. Be sure to contact a Realtor before buying or selling real estate in San Diego.

<http://www.sdhomedatabase.com>

<http://www.rereport.com/sdccsd/lall/>

<http://www.findsandiegobusiness.com>

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