

805 LIVING



THE
BEST
OF
FALL



Maria Powell

REAL ESTATE

All new tasteful remodel on this special Lang Ranch home. New wood floors enhance the open-concept living and dining with cathedral ceilings and fireplace.

Designer center-island kitchen with new stainless appliances, quartz countertops and custom cabinets includes an eat-in area and breakfast bar and opens to a spacious family room with additional fireplace. Four bedrooms, one down. Master suite with large walk-in closet and bath features his/her custom vanities with quartz countertops, soaking tub, and separate shower.

Private yard with pool, waterfall, spa, and spacious patio for entertaining. This is a wonderful well-loved home you can call your own.

**View this Lang Ranch home
at 2733rockypointct.com**



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PINNACLE
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Mind BODY Soul

EXERCISE CAUTION



A vigorous workout is good for you—unless you push yourself too far. At that point, muscle tissue can break down, triggering a life-threatening condition called rhabdomyolysis. “In rare, severe cases, the swelling and pressure generated from rhabdomyolysis can cause a phenomenon called compartment syndrome, in which the pressure within a muscular compartment builds up so much that it cuts off circulation to the limb, which constitutes a surgical emergency,” says Jervis Yau, M.D., an orthopedic surgeon and sports medicine specialist at **Ryu Hurvitz Orthopedic Clinic** (jervisyauemd.com) in Santa Barbara.

Often associated with intense workout practices, such as Spinning, rhabdomyolysis manifests as severe pain and swelling, dizziness, fatigue, and decreased urination with dark brown urine, notes Yau. Alert a health-care professional promptly if you develop any of these signs. To ensure that rhabdomyolysis does not occur, Yau recommends the following:

- Exercise regularly with gradual increases in workout intensity.
- Commit to dedicated training prior to a strenuous competition or event.
- Hydrate aggressively before, during, and after events to decrease risk of kidney injury. ♦