



Staghorn Plantation Estates
Homeowners Association
P.O. Box 267
Nicholson, GA 30565

YOUR NEIGHBORHOOD ASSOCIATION NEWS

March 2025

Exercise and Stay Healthy

Now that Spring is officially here, according to meteorologists, it might be time for you to enjoy more time outside and even consider an exercise program.



With many Staghorn residents reaching the age of 60, it becomes even more important to develop a well-defined exercise program which may be enhanced by weightlifting and spending time at a gym perhaps with a group. One study at UGA suggests that exercising as a group, where you use your mind and body, stimulates your brain reducing disease.

Benefits of Daily Exercise Program

According to UGA Researchers, the benefits of an exercise program include:

Physical Benefits

- Stronger bones and muscles
- Lower body fat
- Less likely to become overweight
- Reduced risk of diabetes
- Lower blood pressure and cholesterol

Emotional Benefits

- Improved self-esteem
- Lower rates of depression
- Higher quality sleep
- More positive overall attitude toward life

Exercise Reduces Fatigue

“A lot of times when people are fatigued the last thing they want to do is exercise,” according professor Patrick O’Connor, co-director of the UGA exercise psychology laboratory. “But if you’re physically inactive and fatigued, being just a bit more active will help.” This is according to many studies on the subject.

Why spend \$2.00 to \$5.00 on energy drinks and energy bars when a simple walk around the block may be the answer.

Owens Gym

Staghorn homeowners now have an excellent way to exercise at a gym, Owens Gym. It is located at 50 Cabin Creek Road. That's just a short drive on Hwy 441 north past the Nicholson Water Tower. (owensgym.com)



Staffed hours:

Mon – Thurs 9am - 7pm

Friday 9am - 5pm

Saturday 9am - 12pm

706-757-3988

Services:

Nutrition consulting

Personal training

Private lessons

Meal prep, online coaching

According to **Houston Owens**, the owner and Toccoa, GA native, the facility is now open to paying members 24/7. Houston is very well respected in the bodybuilding community and won the Mr. Georgia title in 2021.

Mr. Owens says, "My goal for Owens Gym is to create an encouraging environment for families to come and pursue their fitness goals together, while showing each person the love of Jesus. We are partnering with **Staghorn Plantations Estates** to offer all residents a variety of exquisite discounts. Enjoy \$20 off sign up, discounted meal prep service, discounted personal training and more!"

Staghorn Activities Proposed

The new **Social Chair Kristin Swart** is looking for activities that residents can enjoy together. In the 2024 Homeowners Survey residents suggested activities that they would enjoy participating in as a group, this included pickleball league, water activities for kids, ladies' night out and community exercise program.

In my opinion, Owens Gym might be an ideal location for residents to meet and exercise at a price of \$34 a month and \$14 for each additional family member. According to my math that is a little more than a dollar a day or the price of 10 energy bars or drinks. There are \$5 discounts available for many professions such as teachers and police.



You can contact Kristin Swart to let her know about your ideas for community activities or your interest in perhaps participating in an exercise group at Owens Gym.

(kristinswart7@gmail.com)

Please Pay Your Dues

We would be extremely grateful, if you would pay your dues for 2024 – 2025. Our expenses for property services and maintenance continue to rise.

Craig Gieler – Secretary SPEHOA