

# Grand Oak

## BUSINESS PARK

*Where work comes to life*

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### Work-Related Benefits of Exercise

The expanded fitness center at Grand Oak I (860 Blue Gentian Road) is now open with additional state-of-art cardio and strength training equipment. New equipment includes an Octane elliptical with lateral stride, a Matrix treadmill, and Hoist Dual-Function strength machines.

There is also a new studio that can be used for yoga and/or stretching that is equipped with yoga mats, kettlebells, resistance bands, and stability balls.



Make fitness a priority in 2016 and enjoy the following cognitive benefits – all of which you can expect as a result of incorporating regular exercise into your routine:

- Improved concentration
- Sharper memory
- Faster learning
- Prolonged mental stamina
- Enhanced creativity
- Lower stress

Exercise has also been shown to elevate mood, which has serious implications for workplace performance.

Additionally, a recent study presented to the American College of Sports Medicine found that workers who spent 30 to 60 minutes at lunch exercising reported an average performance boost of 15 percent.

#### TAKE NOTE OF THE UPCOMING DATES:

##### Valentine's Day

Sunday, February 14

##### President's Day

Monday, February 15  
(Mgmt. Office Closed)

##### Daylight Saving Time Begins

Sunday, March 13

##### St. Patrick's Day

Thursday, March 17

##### First Day of Spring

Sunday, March 20

##### Earth Day

Friday, April 22

# Have a Better Start to Your Day

Starting your morning off on the wrong foot can have a ripple effect, making the day go from bad to worse. Employ the following simple steps to help start your day on a positive note.

- **Avoid hitting the snooze button.** This habit can make you a little drowsy upon waking because snooze sleep isn't quality sleep. Not to mention, those extra few minutes can be the difference between being late or on time. Instead, try going to sleep a little earlier or position your alarm so that you have to get out of bed to turn it off.
- **Wait to check email.** Checking your email before you've even gotten out of bed can send you into a panic before the day has even begun. Try to maintain work/life balance and let email wait until you are ready to start your workday.
- **Adopt a morning workout routine.** Evening workouts can easily be derailed by a late meeting or an impromptu happy hour – and sometimes you're just too tired at the end of a stressful day. Instead, wake up a little earlier and work out in the morning to set yourself on the path to a happier and healthier day.

- **Take a quick, cool shower.** Instead of a long, hot shower that relaxes you, start your day off with a quick, cool shower to help wake up. A cold shower will signal the release of adrenaline, an energizing hormone, and flood your body with feel-good endorphins.
- **Brush your teeth before you eat.** Brushing your teeth after breakfast, especially if you've had something acidic (like coffee or fruit) can push sugars to the surface of your teeth and eventually erode your enamel. In addition to brushing before you eat, drink a glass of water right after your meal to help your mouth feel a little fresher. If you can't stand the thought of brushing your teeth before breakfast, wait 30-60 minutes after eating to decrease tooth enamel wear.
- **Have a protein-rich breakfast.** Research shows that you're more apt to reach for junk food throughout the day if your breakfast is full of carbs. Instead, aim for 20 grams of muscle-building protein in your morning meal. A protein-packed breakfast will help you stay full longer, which will help keep your weight in check over time.

## 2016 IRS Tax Alert

The IRS announces tax law changes on its website via periodic headlines. For 2016 updates, visit [www.irs.gov/uac/Latest-News](http://www.irs.gov/uac/Latest-News).

The penalty for not having health insurance under the Affordable Care Act (ACA) increases substantially in 2016. Go to <https://www.healthcare.gov/fees/fee-for-not-being-covered/> to learn more about this penalty, how it is calculated, and how it is paid.

Effective January 1, 2016, the standard mileage rates for the use of a car, van, pickup or panel truck are:

- 54 cents per mile for business miles driven, down from 57.5 cents for 2015
- 19 cents per mile driven for medical or moving purposes, down from 23 cents for 2015
- 14 cents per mile driven in service of charitable organizations

There are six IRS-approved payment processors for credit or debit cards. Links to these vendors may be found on the IRS website at <http://www.irs.gov/uac/Pay-Taxes-by-Credit-or-Debit-Card>.

# Combating Kidney Disease

March is National Kidney Month and Thursday, March 10th, is World Kidney Day. Every year World Kidney Day is celebrated in more than 90 countries across the globe, from public screenings in Argentina to Zumba marathons in Malaysia. In 2016, the global awareness campaign will focus on kidney disease and children.

The kidneys are complicated and amazing organs that perform many essential tasks to keep us healthy. Their main job is to remove toxins and excess water from your blood. Kidneys also help to control your blood pressure, produce red blood cells and keep your bones healthy.

Every day, your kidneys carefully control the salt and water in your body so that your blood pressure remains the same.



Equus Capital Partners is a proud supporter of the National Kidney Foundation and, together with its tenants, has participated in numerous fundraisers for the organization.

Equus and the National Kidney Foundation urge everyone to care for their kidneys. To learn more about chronic kidney disease risk factors, prevention and treatment, visit [www.kidney.org](http://www.kidney.org).



In anticipation of Super Bowl 50, which will be held at 3:25pm on February 7th in the state-of-the-art Levi's® Stadium in Santa Clara, CA, following are some interesting facts regarding Super Bowls past:

- The first Super Bowl was played on January 15, 1967, at the Los Angeles Memorial Coliseum. The Green Bay Packers defeated Kansas City 35-10.

- Of the first 49 Super Bowls, a quarterback has been named Super Bowl MVP 27 times.
- The opening kickoff in a Super Bowl has been returned for a touchdown only once. Devin Hester accomplished the feat in Super Bowl XLI.
- No Super Bowl game has ever gone past regulation and only a combined five AFC and NFC Championship games have gone into overtime.
- The Lombardi Trophy, given to the winning NFL Super Bowl team, weighs seven pounds, stands 21" high, and is worth \$25,000.

For your office pool or Super Bowl party, a free Super Bowl grid is available at [www.printyourbrackets.com/super-bowl-square-generator.html](http://www.printyourbrackets.com/super-bowl-square-generator.html).

## Brain Teaser

Which four NFL football teams have never played in a Super Bowl game?



# Recognizing Grand Oak Tenants

Equus Capital Partners and Transwestern extend special thanks to the following tenants for lease transactions completed during 4th Quarter 2015:

New: **MEP Associates, LLC** (860 Blue Gentian Road)

Renewal: **PennyMac** (860 Blue Gentian Road)

**New York Life Insurance Company** (860 Blue Gentian Road)

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## Earth Week Events

April 22nd is "Earth Day", which emphasizes awareness of and appreciation for the earth's environment. In conjunction with Earth Week, Transwestern is planning a week of events at Grand Oak aimed to Reduce, Reuse, Recycle, Restore and Replenish.

If you have any ideas for events that you would like to see incorporated during Earth Week, please contact the management office.



## Brain Teaser Answer

The four NFL teams that have never played in a Super Bowl include relatively new teams in the Houston Texans and Jacksonville Jaguars as well as the Detroit Lions and Cleveland Browns, both among the oldest franchises in existence.

## About Equus Capital Partners, Ltd.

Equus Capital Partners is one of the nation's leading private equity real estate fund managers. Equus' portfolio consists of over 18 million square feet of office, retail, and industrial properties and approximately 12,000 apartment units in 50 communities located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Los Angeles, Chicago, Washington D.C., Boston, Atlanta, and Raleigh-Durham. For additional information, please visit the company's website at [www.equuspartners.com](http://www.equuspartners.com).



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