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## HOMEOWNER'S UPDATE

### On the Horizon: A Dynamic Housing Market

While no one knows what the future may hold, many experts are predicting that COVID-19 will accelerate some housing trends that were already taking place. Here are three possibilities that could result from staying at home.

**More millennials enter the market.** In spite of the current economic uncertainty, millennials are eager to own first-time and move-up homes to accommodate their growing families. With low inventory nationwide, the pent-up demand from this generation could lead to a strong seller's market over the summer.

**A migration away from large cities.** As densely populated areas issued stay-at-home orders, rentals of single-family homes in the suburbs spiked, reports *HousingWire.com*. Real estate experts are predicting that the pandemic may be the tipping point for city-dwellers who were already dreaming about having more space to call their own.

**A shift toward multi-generational homes.** According to *Inman.com*, the demand for multi-generational homes was already on the rise. However, between young adults moving home for financial reasons and concern over the safety of aging parents, more people may be looking for houses that can comfortably cater to several generations. This could mean that properties with features such as multiple master suites, a kitchenette, a walkout lower level, or an apartment over the garage will be highly desirable.

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### Make the Most of Your Home Gym

Due to gym closures and social distancing, many people have come to enjoy the convenience of working out at home. If you've recently acquired new exercise equipment, consider these tips to help you maximize your home gym.

1. **Choose your location wisely.** If possible, set up your gym in an area of your home where you'll actually want to work out – ideally in a room with plenty of natural light. A dark, cobweb-filled corner of the basement is unlikely to provide much in the way of motivation. Start by decluttering the space. Then, organize your workout equipment on shelves or in storage bins, and consider adding lamps or string lights to make the area more inviting. A full-length mirror is a great way to make your home gym seem larger while also allowing you to keep an eye on your form.
2. **Grab some gear.** While treadmills, spin bikes and weight benches are helpful, you don't have to spend big bucks on equipment in order to stay in shape. A few affordable, easy-to-store pieces can go a long way. If you

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haven't already, consider purchasing the following: an exercise mat, resistance bands, a jump rope, and a set of dumbbells (light, medium and heavy).

3. **Mix up your routine.** The options for on-demand and livestreamed classes are practically endless. Choose one or two workouts that you love, but don't be afraid to try something new as well. If you gravitate toward high-impact cardio workouts, mix up your routine with yoga. If stretching is your thing, consider adding in some weight training, or give kickboxing a try.
4. **Find your motivation.** What's your ultimate goal? Perhaps you want to improve your endurance, drop a few pounds, build muscle, or increase your balance and flexibility. Maybe working out improves your mood and outlook on life. Whatever drives you to exercise, try to tap into that motivation when you feel like skipping one of your workout days. No matter what your home gym looks like, one thing is for certain: The best way to make the most of it is to use it on a consistent basis.

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## Outdoors and On-Trend

An inviting outdoor living space makes time spent in the fresh air even more appealing. Whether you're supervising kids playing in the yard, enjoying dinner on the patio or talking with friends late into the night, you want a space that's both attractive and comfortable. Consider these trending designs for outdoor furnishings.

**Pastel colors:** These soft, calming tones have grown in popularity in outdoor furniture design. Lighter shades make your space feel fresh and airy. Look for upholstered chairs and sofas, or embrace the trend with galvanized steel furniture painted in muted pastels.

**Flexible furnishings:** To custom-fit your space, consider using a modular sofa. Each piece can be purchased individually, making it easy to rearrange a deck or patio as your seating needs change. Other dynamic furniture, such as classy hammocks or hanging sofas, also provide both interest and comfort.

**Shade structures:** Lengthen the hours of use for your outdoor living space by installing a shade structure. Pergolas, pavilions, gazebos, and large umbrellas can all offer relief from the sun. Consider the size of your space as well as the angle of the sun throughout the day to determine which type of structure will provide the best coverage.

**Durable and attractive materials:** When choosing outdoor furniture, invest in high-quality pieces that will withstand the elements. Teak, wicker and industrial metal are all hard-wearing options, depending on your preferred design aesthetic. Metallic finishes like copper, brass, aluminum, and chrome are all on-trend, or try out a simple, matte-white metal.

**Designer string lights:** While classic strands of patio lights have been popular for some time, you'll see a greater variety on the market today. To create distinctive lighting effects, look for strands that have frosted textures or rippled glass on the globes. You can also customize the light temperature and intensity to achieve your desired ambience.

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## Broccoli and Blueberry Salad

### Ingredients

1½ lbs. fresh broccoli, cut into bite-size pieces  
1 cup fresh blueberries  
¼ cup finely chopped red onion  
½ cup dried cranberries  
1 large red apple, cored and cut into bite-size pieces  
1 Tbsp. lemon juice

### For dressing:

1 cup plain Greek yogurt  
¼ cup honey  
1 Tbsp. lemon juice  
2 tsp. apple cider vinegar  
1 Tbsp. poppy seeds

### Directions

In a large bowl, combine broccoli, blueberries, red onion, and cranberries. In a medium bowl, toss apple with lemon juice, then add to broccoli mixture.

In a small bowl, whisk together all dressing ingredients. Pour dressing over salad and toss gently to combine. Serve immediately, or refrigerate until serving.



Serves 6-8

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