



# London Terrace Towers

News

December 2006



The Board of Directors and all the staff at London Terrace Towers wish you

# Happy Holidays

Dear Fellow Shareholders:

Thanks to all who participated in this year's Annual Meeting - whether in person or by proxy. 56.673% of the shareholders were represented in person or by proxy. At the Annual Meeting, I inadvertently double-counted the Sponsor's votes and misstated the total as being over a 70%

The Sponsor, while only owning 17% of the property, accounted for 31% of the shares voted at the meeting. As the sponsor continues to sell apartments, the need to work harder to achieve a quorum each year is increasingly important.

As this edition of the newsletter goes to press, we have not yet approved a budget for 2007. We will be meeting in December to set the budget. Our financial analysts and we will look at recent historical data and make realistic projections. The Board always looks to minimize increases in the maintenance level. Among the principal items that may affect our 2007 maintenance are:

- We are in the first year of a three-year union contract with our lobby attendants, porters, painters and maintenance staff. The contract provides for incremental percentage increases averaging around 2.9% over the term of the contract. In addition, increases in health benefit payments were ratified. Payroll costs account represent \$1.984 million or approximately 20% of our annual budget.

- The City of New York tax abatement programs, which is an effort to equalize the disparity of taxes between individual homeowners and cooperative owners, lowers our property tax liability. At the same time, however, the City increased our taxable property value, which resulted in a real estate tax increase last year. We, through our certiorari attorneys, successfully challenged the assessed values for 2006/2007 and 2007/2008. This challenge lowered our property tax bill from a projected \$3.2 million to \$2.72 million. Taxes account for approximately 27% of our budget.

- Water and sewer costs from NYC will likely increase.

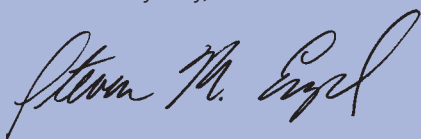
- Fuel costs are high, although we have made boiler upgrades to help mitigate those costs. We also hope you will read the article about how to save energy, maybe come up with some ideas of your own and help with the effort to minimize utility increases.

- Our capital projects include a large amount of exterior waterproofing, upgrading security systems and refurbishing the residential hallways.

As soon as the budget is set, we will be sending each shareholder a letter.

As this is the last newsletter before the holidays, the Board sends warm wishes for a healthy, happy holiday season to you.

Yours very truly,



Steven M. Engel  
President  
London Terrace Towers  
Board of Directors

This and That | at London Terrace Towers

**470 West 24th Street Roof Deck.** The 470 Roof Deck closed on November 30th and will reopen on April 1, 2007. The door to the roof deck is alarmed for security reasons.

**The planning process** for the repair and replacement of the men's showers in Health Club is almost complete. The company that manufactured the original tile is no longer in business and we are searching for a suitable replacement tile.

**The Board has budgeted** for painting the residential hallways and it is expected that the project will take place after the Holiday Season. In preparation for that, the Board tested paint colors on the 8th floor in 465. All of the colors were rejected when it was determined that the light measurement was inadequate to make a good choice. The BOD is looking into a cost effective bulb and ballast replacement. By the way, the Board has not yet selected a color but will provide lead time to shareholders for input into color schemes. Those of you that have suggestions should feel free to contact Thomas Arbuckle in the Management Office.

**The 10th Avenue sidewalk** area that remains demolished is the result of Con Ed's need to replace a very old electrical transformer that was deemed inadequate after the sidewalk was picked up. Once the replacement is accomplished the remaining portion of the sidewalk will be replaced. In the meantime, please be careful when stepping into the street when walking past the demolished area.

**The state of the tree-pits** is not yet satisfactory. Management and the BOD is continuing to pursue their acceptable completion. The bike racks and parking meters have yet to be replaced as those functions are performed by the City. The Postal Service has not yet determined whether the mailboxes will be replaced.

**Tis the season....for radiator problems.** The apartment inspections performed last Spring revealed many unreported steam leaks from apartment radiators. It is most important that all leaks of any sort be reported immediately. Water damage is a serious problem for both LTT's infrastructure and your personal possessions. Also, if you are having a problem with your radiator valves, it is an easy thing to fix. Please call the office to schedule an appointment.

**The scheduled boiler replacement for 465/470** has been postponed to the spring of 2007. The serious electrical issues that affected Queens and Westchester this summer required Con Ed to reassign the engineers that were working with us to acquire the permits that are necessary to access the gas main on 24th Street. The delay resulted in leaving us with an inadequate time period to install the boilers prior to the heating season. The new system will include two highly efficient and emissions sensitive oil fired boilers and a gas fired boiler that will provide for hot water.

**Of late, the maintenance staff is reporting multiple problems with toilet stoppages.** They have recovered baby wipes and paper towels, having been flushed by residents or their domestic help. The problem is that these products are not biodegradable and get caught up in the pipes...creating a chase line stoppage which is a REALLY big deal. The repair is messy, could cause damage IN multiple apartments and is very expensive. Please use your toilet for only that which it is intended!

Published quarterly for LONDON TERRACE TOWERS, INC. under the direction of the Board of Directors. Comments, suggestions and news for publication are welcome. To submit material, contact Edward Maichin or bring it to the Management Office. We reserve the right to edit, accept or reject submissions.  
Contact Edward Maichin at: d1maichin@aol.com

#### Resident Board of Directors

Steve Engel (465) President	Sylvie Destian (470) Treasurer
Bob Kulikowski (465) Vice President	Jennifer Greiner (405) Resident Member
Scott Koniecko (410) Secretary	Susan Singer (405) Resident Member

**The following were elected to the Board of Directors (and will serve on the Board of Managers as well) at the Annual Meeting held on November 8, 2006:**



**Steven Engel** (465) Steve owns and operates an award-winning production company (www.EngelEntertainment.com) best known for producing high quality television series, specials across a wide varieties of genres and blue chip documentaries. This is Steve's fourth year as a member of the Board and third term as President of the Board.



**Scott Koniecko** (410) Scott has his own architectural firm, specializing in residential projects. This is Scott's ninth year on the Board and his sixth year as Secretary.



**Sylvie Destian** (470) Sylvie is an Associate Professor of Clinical Radiology at NY Medical College and Associate Chairman of the Department of Radiology at St. Vincent's Hospital. She is also a printmaker whose work has been shown in Europe and the US. This will be Sylvie's third year on the BOD and third year as Treasurer.



**Susan Singer** (405) Susan, after a career in magazine sales and marketing, is now a Vice President at Corcoran Realty. Susan has a secondary career (and passion) as a jazz singer. Susan also serves on the Board of the Empire State Pride Agenda. This is Susan's second year on the Board of Directors.



**Bob Kulikowski** (465) Bob is the Director of the NYC Office of Environmental Coordination, the agency that ensures decision makers disclose the environmental impact of City projects and advises the Mayor on environmental policy. Bob served on the Board of Managers for several years, was appointed to fill a vacancy on the Board this past June and this will be his first full term on the Board of Directors. Bob was elected Vice President.



**Jennifer Greiner** (405) Jennifer owns and operates her own career management and development consulting firm, specializing in the legal industry, with offices in NYC and Los Angeles. Jennifer previously served on the Board of Managers for two terms and this will be her first term on both Boards.



**Kenneth Grau** (Sponsor Representative) Kenneth has been on the Board since 1995. He has his own law practice, specializing in residential and commercial real estate. Kenneth has been on the Board since 1995.



**Rob Braverman** (Sponsor Representative) Rob is a partner at Braverman and Associates, specializing in real estate law. Rob has served on the Board since 1995.



**John Gallen** (Sponsor Representative) John is a Certified Public Accountant. He has been on the LTT Board since 1998.

**The Commercial Unit Owners Annual Meeting met on November 28, 2006. The following have been elected to the Board of Managers:**

**Edward Shendell** (Ninth Avenue Representative) Ed is an attorney as well as the designee from The Red Apple Corporation, which owns and operates Gristedes.

**Noemi Rosario** (Tenth Avenue Representative) Noemi is a commercial property manager and the designee of Olmstead Properties, the landlord of the Gallery, the Barber Shop and Carol Bowden Salon.

**Patrick Joyce** (Representative-At-Large) Patrick is a NYC Firefighter and partner in the corporation that owns and operates Kanvas.

The Board of Directors also elected its designee to the Board of Managers.



**Ron Mayer** (410) Ron has been a longtime volunteer here at LTT. He recently retired, after twenty-five years, as Senior Vice President and Associate General Counsel at Chase Bank. Ron now volunteers at Selfhelp Community Services, Inc. where he specializes in elder law. This is Ron's first year on the Board of Managers.

**Allen Maniker, MD**

After ten years of serving on the Boards of Directors and Managers, eight of which he was Vice President, **Allen Maniker, MD** (405) has retired to the more elevated status of interested shareholder. Allen is a



Full Professor of Neurosurgery at the New Jersey Medical School and maintains a private practice.

Allen was instrumental in the planning and budgeting of many projects that upgraded LTT from a struggling new cooperative to the building we have today. That list includes (but is not limited to) four lobby renovations, elevator modernization, roof replacements, Health Club improvements, major exterior work, sidewalk

replacement, the addition of bicycle and storage rooms, a great website and newsletter, and on and on...not to mention working with six superintendents and four building managers.

Allen said: "I have enjoyed representing you the shareholders and bringing my best efforts to help run this building. I tried to bring my common sense and my general scientific thought processes to bear to make the right decisions for the good of the building and the shareholders. As we are open to much criticism - while expending a lot of effort in a volunteer position - at the end of the day, it is a task that has to be self-satisfying for the people doing it."

At the Annual Meeting, Allen asked those in attendance to give serious thought to serving London Terrace Towers, to become involved and to bring fresh blood to the Board. He said: "We need people with good financial sense who can set priorities, establish a budget that keeps the coop financially sound, seek ways to improve the look and functionality of the building in a manner that will stand the test of time and, lastly, be committed to the building with the intention of making it their homes for the long run."

It is a tall order indeed, but one needs only to look at Allen's dedication to know that it can be done.

**56.673% of the shareholders were represented in person or by proxy. The results of the election for the Board of Directors of London Terrace Towers Owners, Inc. are as follows:**

<b>Elected Residential Directors*</b>	<b>405</b>	<b>465</b>	<b>Sponsor Representatives</b>
*Jennifer Greiner	255,545	*Steven Engel	279,936
*Susan Singer	276,115	*Robert Kulikowski	254,442
<b>410</b>	<b>470</b>	<b>Kenneth Grau</b>	<b>250,000</b>
David Giroux	219,745	Robert Braverman	245,695
*Scott Koniecko	235,202	John Gallen	250,000
		*Sylvie Destian	112,457

## Light Bulbs and Fixtures

Changing the world starts with simple actions. London Terrace Towers is currently reviewing and changing the light bulbs we use in the common areas. But you too can help. When you replace light bulbs or light fixtures in your apartment with ones that have earned the government's ENERGY STAR, you help preserve energy resources and reduce the risks of global warming while saving money and time buying and changing lights in your home. ENERGY STAR qualified lighting provides bright, warm light but uses at least 2/3 less energy than standard lighting, generates 70 percent less heat, and lasts up to 10 times longer.

To save the most energy and money, replace your highest used fixtures or the light bulbs in them with energy-efficient models. The highest use fixtures are typically the kitchen ceiling light, the living room table and floor lamps and bathroom vanity. ENERGY STAR qualified lighting fixtures and replacement bulbs can be found at home improvement and hardware stores, lighting showrooms, and other retail stores, including on-line outlets.

The smallest things can add up to a real difference. If every American home replaced just one light bulb with an ENERGY STAR, we would save enough energy to light more than 2.5 million homes for a year and prevent greenhouse gases equivalent to the emissions of nearly 800,000 cars.

### Energy Star Qualified CFLs:

- Use at least 2/3 less energy than standard incandescent bulbs to provide the same amount of light, and last up to 10 times longer.
- Save \$30 or more in energy costs over each bulb's lifetime
- Generate 70 percent less heat so they're safer to operate and can cut energy costs.
- Are available in different sizes and shapes to fit in almost any fixture.

### How to Choose the Right Light:

Matching the right CFL to the right kind of fixture helps ensure that it will perform properly and last a long time. Read the packaging to be sure that the type you choose works for the fixture you have in mind. For example:

- If a light fixture is connected to a dimmer or 3-way switch, select CFLs that are labeled for this use.
- For recessed fixtures, it is better to use a 'reflector' CFL versus a standard-shaped bulb.
- Today's ENERGY STAR qualified CFLs are designed to be smaller and thinner than earlier models, so you can install them in a wider variety of fixtures, such as wall sconces, ceiling-mounted fixtures, and ceiling fans.

Choose the color that works best for you. For example, while most CFLs are created with warm colors for your home, you could choose a cooler color for task lighting.

- Warm, white light: Look for a color temperature of 2,700-3,000K.
- Cooler, white light: Look for a color temperature of 4,500-6,000K.

To get a CFL with the right amount of light, choose one that offers the same lumen rating as the light you are replacing. The higher the lumen rating, the greater the light output. Use the table below to see how lumens can generally be compared.

A-shaped Incandescent Bulb (Watts)	Typical Lumens (Measure of Light Output)
40	450
60	800
75	1,100
100	1,600
150	2,600

## Christmas Gratuities

Today tipping is an entrenched part of our culture, partly because so many people in the service industries must depend on tips to augment their wages. Extraordinary holiday generosity is great, but etiquette experts emphasize that tipping isn't designed to put you in debt.

**"Forget about what you ought to do. Do what you can, and do it in the nicest way you possibly can," says Peter Post, director of the Emily Post Institute.**

December is tipping season. During that period when, in countless awkward exchanges, people offer their annual gratuities to those they've come to rely on. **Tipping experts - and tip recipients implied - that nothing has yet been found to replace cash as the preferred currency of appreciation.** Hilka Klinkenberg, founder of Etiquette International, once gave one of her doormen CDs because they had often discussed opera, while the other men received cash. "He looked at me crestfallen," she said. "Tipping is not a time to try and be original." Whether we tip with a song or a grumble, handing over the envelope should be done graciously. Klinkenberg said to also include a short note thanking the recipient for their hard work, and to give the tip in person whenever possible...before Christmas Day.

Most New Yorkers will acknowledge that Christmas tipping is a source of anxiety. The question: "What did you give the doorman?" is rarely answered quickly or easily by your fellow residents. If you ask most Manhattan lobby attendants or other staff members how much you should tip, they will demur. One anonymous doorman said that for years he received a Christmas tip from an older tenant in the form of a check - for \$3 - and he was pleased to get it. Another tenant regularly awards him several hundreds of dollars in December. "No matter what, they receive the same service," the doorman insisted. "I don't know about the finances of the residents. That's not my business. My business is to do my job. I am grateful for every gift."

Some staff members may be more helpful than others. Perhaps those of you who overpack your SUV on Friday nights in the summer - and unpack it on Sunday night - demand more attention than a resident who slips in and out with a duffle bag. Do you have everything - your groceries, cleaning, laundry, eBay and catalogue purchases, etc. - sent to be checked in and presented by your lobby attendant? Do you rely on our porter and handyman staff for a lot of your minor repairs?

You should also keep in mind that someone's good work may merit a Christmas tip, even if you haven't personally witnessed it. You may know your morning and early evening lobby attendants and office staffers but the porters, handymen, painters and the night crews - not as visible to you - keep the building safe, clean and operational everyday.

## A little research on what to tip.....

The 17th Edition of Emily Post's Etiquette (in part) says: "How much to tip residential building employees during the holiday depends on the custom in your city, the type of building, the size of the staff and the amount of time they spent helping you over the year. Employee seniority and any special services performed at the resident's request are also taken into account. If you've tipped employees throughout the year, then your holiday tip can be smaller."

Below are some suggestions that incorporate recommendations from four sources on tipping: Hilka Klinkenberg, founder of Etiquette International; the authors of "The Itty Bitty Guide to Tipping," the Web site Tipping.org and The Emily Post Institute. These guidelines can be modified by your assessment of the service provided and your budget. If you unable to personally distribute your holiday gifts, the management office will safeguard and distribute addressed gifts for you. Don't forget to sign your card in order for grateful staff members to be able to thank you!

**Building Superintendent & Assistant Superintendent**  
\$50 - \$200

**Lobby Attendants**  
\$25 - \$100

**Porters, Handymen, Painters**  
\$20 - \$80

**Health Club Attendant**  
\$5 - \$20

Below are other suggestions for the "other people" in your life!

### Child Care Workers

- **Regular Baby-sitter:** one evening's pay and a small gift from your child
- **Au pair/Nanny:** one week's pay or a gift and a small gift from child
- **Daycare Providers:** \$25-\$50/each and a small gift from child
- **Child's Teacher:** Gift (but check school's policy to see if it's allowed)

### Home & Car Care

- **Housekeeper:** one week's pay or more (depending on length of service)
- **Parking Attendants:** \$20-\$35 each or half a month's rate for the group if they regularly provide good service.

### Personal Care

- **Hairdresser:** Cost of one cut if you go frequently and a small gift
- **Manicurist:** Cost of one session if you go frequently to the same person
- **Personal Trainer:** The cost of one session
- **Massage Therapist:** The cost of one session

### Pet Care

- **Dog Groomer:** 25 - 50% of the cost of one session
- **Dog Walker:** The cost of one day up to one week's pay

### Delivery Services

- **US Mail Carrier:** Gifts under \$20. Civil servants are not allowed to receive cash tips. But if you wish to recognize your mail carrier, the US Postal Service asks that your gratuity not exceed \$20 in cash value.
- **Paper carrier:** \$15-\$25 for daily delivery (\$5-\$15 for weekend delivery)

## Keep Safe at Christmas!

**Keep your holidays happy by developing a holiday safety plan for you and your home.**

### Start with your tree. If it's a natural Christmas tree:

- Keep it away from heavy traffic so no one will bump into it;
- Make sure the tree is protected from electric heaters (and fireplaces, if you are lucky enough to have one!);
- Never use lighted candles to decorate a live or artificial tree.
- Purchase a tree bag to put in place around the bottom of the tree while it's still supple.

### Additional natural tree care tips include:

- Cut 1 to 2 inches off the trunk for better water absorption
- Place the tree in a stand that holds at least 1 gallon of water
- Mix recommended nutrients into water
- Monitor the water level daily

### When decorating your tree:

- Use only UL-approved lights, which signifies the lights have been properly tested and meet specific safety regulations.
- Use no more than three strands of lights linked together and avoid placing paper ornaments on tree lights. Over time, the bulbs can become hot enough to light thin paper ornaments on fire.
- If your decorating ideas include plants to add holiday color to your home, bear in mind that several holiday-associated plants like mistletoe and poinsettias are poisonous to small children and pets. Check with your florists - or the Internet!

### Apres Christmas

Despite doing all the right things, your once-fabulous tree may now be covered with sharp needles. Wear heavy gloves and a long sleeved garment when taking down the tree. Then simply raise the bag you placed around the bottom of the tree when you put it up and tie the end.

**Please, do NOT leave the tree in the hallway or in the trash area in the stairwell. It is a fire hazard, can be a tripping hazard and will not win you friends on your floor! Either bring it down to the basement or, even better, call the office to ask for porter assistance.**

## London Terrace Towers Sales Comparisons

Year	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006*
<b>Sales (in Dollars)</b>	6,367,200	8,316,000	15,094,821	9,464,000	10,572,500	21,287,500	23,337,113	27,761,054	39,483,500	22,395,000
<b>Number of Shares Sold</b>	26,985	27,081	34,646	19,655	17,421	32,685	36,372	37,193	38,451	21,352
<b>Average Value Per Share</b>	236	307	436	482	607	651	642	746	1027	1049

\* through 10/06



## LondonTerraceTowersHealthClub

### Jump Over Fitness Hurdles Six obstacles that keep us from working out—and how to beat them. | Wing Kee Kwok, A. F. P. A.

**1. I don't have time. Solution:** Put things into perspective. If you exercise for 30 minutes a day, that's just 3 percent of your waking hours! Schedule it into your day as you would taking a shower. If necessary, wake up about 30 minutes earlier or stretch lunch by 15 or 20 minutes. Can't do that 30 minutes all at once? Do 10-minute spurts throughout the day.

**2. I don't have enough energy. Solution:** Believe it or not, the more you exercise, the more energy you'll have. Identify points during the day when you're most awake and alert, and work out then. For many people, morning is best, but you may be most energetic at 8 o'clock in the evening. On days when you're really tired, trick your body into exercising for longer periods. Vow to walk or do strength exercises for 10 minutes; if you're still beat after that, you can quit.

**3. I get bored easily. Solution:** Try new activities until you find something you enjoy - swimming in our fabulous pool, coming to the Health Club with a workout partner, walking around the neighborhood, train for a charity event, or a combination of activities. Also, make your exercise sessions pleasurable. Listen to music or a book on tape or read a magazine while you're on a treadmill or elliptical trainer. To break the monotony, do something different every workout. Walk one day, take a new fitness class the next, and lift weights on the third day. Or alternate between several activities in one workout.

**4. I feel intimidated at the gym. Solution:** Our Club is friendly, comfortable environment and our staff is helpful if you're unsure about how to operate the machinery or need a few tips. There are people there of all ages and

levels of working out. Still not convinced? Use the neighborhood and near-by Chelsea Pier area to get started with walking or running!

**5. I don't know where to start. Solution:** The easiest way is to do something you do every day - walk. Begin with a 5- to 10-minute walk every day, and add time as you become fitter. You can also hire a personal trainer for an hour or two to teach you exercise basics. We have terrific trainers here at LTT...find the right one for you. Not only will you get educated but you'll also get the motivation you need to exercise. Another way to get started is to attend our classes at the Health Club.

**6. I don't have money to spend on equipment or a gym membership. Solution:** You don't need money to exercise, just a good pair of shoes. You can walk or jog in the neighborhood. If the weather's bad, walk in Chelsea Market! For strength training, do exercises like squats, push-ups, and lunges that use your body weight as resistance...right in your apartment. If you want to make a small investment in strength-training equipment, inexpensive options include stability balls (\$20 to \$25), elastic resistance bands (\$5 to \$15) or hand weights (\$2 to \$10 per pair), all of which you can purchase at sporting-goods stores. You can also buy exercise videos or DVD's for \$10 to \$15 each, or check them out from the library. If you get bored with them, swap with a friend.

**FYI: LTT's Health Club's rates for membership are lowest in the neighborhood. In addition to the regular rates, we offer discounts for couples joining together and for seniors.**

**Gym Hours: Monday through Friday: 6:00am - 10pm, Saturday & Sunday: 8am - 8pm. Pool Hours: (closed Wednesdays) Monday, Tuesday, Thursday, Friday: 6:30am - 10 pm, Saturday & Sunday: 9am - 6:45pm.**

## AED in Health Club

What is it? An AED is an automated external defibrillator (AED). This computerized medical device can check a person's heart rhythm, recognize a rhythm that requires a shock and advise the rescuer when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take. The AED will NOT administer a shock if it is not needed.

If you are exercising or swimming at the health club or pool and your heart goes into a potentially fatal rhythm, your survival may depend on a shock from an automatic external defibrillator or AED. Nationwide - until recently - only three percent of Health Club facilities had an AED. London Terrace Health Club does.

**All of the LTT trainers, Health Club and Lifeguards are both CPR and AED certified.** In early October, at approximately 9 AM, our Lifeguard on duty, Joel Vargas, noticed one of our members in distress in the middle lane of the pool. He dove in with the buoy and placed this member, who was now unconscious, on the buoy. Joel and another member got the stricken member out of the pool. Joel called to Marika Turano, one of our staff trainers (who was not on duty but at the club to train a client), to call 911. While informing Adair Moran, the Trainer/Receptionist on duty, Marika called 911. Adair immediately picked up the AED and went downstairs to the pool.

Joel had already began CPR. Adair stepped in and gave the member mouth to mouth while Joel administered heart compressions. They felt no pulse and the man was not breathing. Adair applied the shock pads and administered a shock from the AED. The member then began breathing. Within a few minutes the paramedics arrived and they took over. The member was breathing but still unconscious when the paramedics took him out of the facility. But we are pleased to report that he is recovering.

### We learned a few things:

- Joel, Marika and Adair did everything right. LTT thanks them for their quick thinking, instant responsiveness to a life-threatening situation and great teamwork.
- The AED was essential in this rescue.
- Harryette Wright's, the Club Manager, safety meetings with her staff reinforces that proper procedures are important.
- It is also critical that members follow the proper procedures and present their Pool/Health Club ID cards. The staff would not have been able to identify this member without having his card.

As AED's are very accurate and easy to use, with a few hours of training, anyone can learn to operate an AED safely. Rapid access to the AED has markedly reduced the time to convert the rhythm and resuscitate the patient. Since time to intervention has been shown to be the major factor in patient survival, rapid interventions using the AED are saving lives.



If you are interested in learning more about how you can get trained, the American Heart Association offers CPR and AED training through its network of Training Centers. To locate a Training Center near you, call 1-877-AHA-4CPR. The course is less than four hours long.

Note: Heart attacks from exercise are still quite rare. A university studied over 300 clubs in a major health chain and found that there were 71 deaths per 180 million workouts (about 1 death per 2.6 million). Still, those are 71 lives that might have been saved if the clubs had an AED.