

# Julie Mather Market Watch



*Compliments of*

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## March 2007 Content

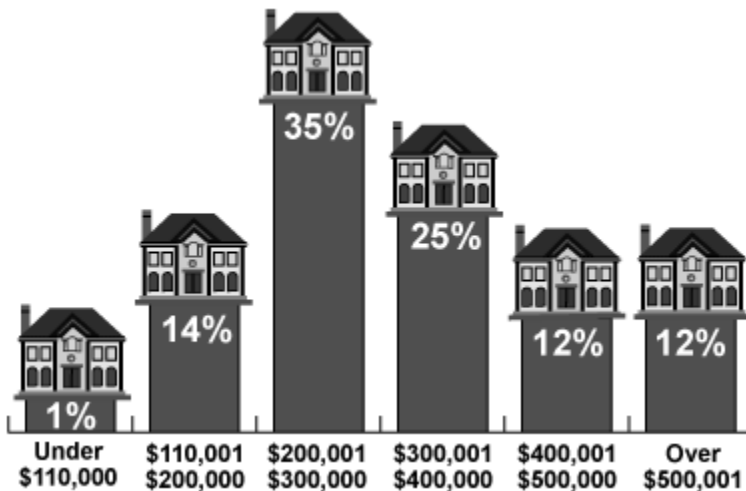
- HEALTHY REAL ESTATE STARTS OFF 2007
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- Online @ [www.juliemather.com](http://www.juliemather.com)**
- GO ONLINE THRU OUT THE MONTH FOR UP TO DATE MARKET STATS
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## Real Estate *By The Numbers*



What they sold for in January 2007 as reported by the Toronto Real Estate Board



### Mortgage Rates (Closed)\*

1 year = 6.50% ↑

5 year = 6.65% ↓

### GIC\*

1 year = 3.10% ↑

5 year = 3.30% ↑

\*Up/down indicator arrows are changes over previous month. Rates differ by institutions.



## Healthy Real Estate Starts Off 2007

2007 got off to a fast start, with 5,173 sales of existing homes in January according to the Toronto Real Estate Board (TREB). "This figure is up 13 per cent over last January, and up six per cent over the 4,869 sales recorded in January of 2002, which was the previous record for the month."

Meanwhile, average prices climbed in January to \$353,724, up five per cent over December and up six per cent over the \$332,687 recorded in January 2006. "While one shouldn't read too much into a single month's result," TREB President Mason said. "January's record breaking performance is an encouraging sign for the year ahead."

Breaking down the total, 1,975 sales were reported in TREB's 28 West districts and averaged \$335,116; 878 sales were reported in the 14 Central districts and averaged \$462,211; 1,082 sales were reported in the 23 North districts and averaged \$383,806; and 1,238 sales were reported in TREB's 21 East districts and averaged \$280,178.

February 2007, well the final figures are not yet released, looks like total sales will be in excess of 6,100 sales, about the same as February 2006, although prices appear to have increased year over year. ❖



*January is an encouraging sign for the year ahead*

*March Wellness Tip*

**Those who love deeply never grow old; they may die of old age, but they die young.**

Dorothy Canfield Fisher

**Lift Light, Shovel Right:  
How to avoid injury this winter.**

The arrival of winter's snowstorms brings excitement to enthusiastic skiers and snowboarders but can also bring concern for those with large driveways and long walkways. For these people, snow means endless hours spent outside shoveling which all-to-often leads to back and muscle pain.

As back-pain specialists, chiropractors report that snow-shoveling injuries are the leading cause of back and neck pain during the winter months, usually as a result of poor shoveling techniques. Improper technique can be anything from bending at the waist instead of at the knees to throwing snow instead of pushing it. Combining improper techniques with the average weight of one shovelful of snow (three to five kilograms) can result in serious problems both for adults and the children who help them.



***snow-shovelling injuries are the leading cause of back and neck pain during the winter***

You also have to be very cautious on icy walkways and slippery surfaces as nasty falls can cause serious strained, bruised or torn muscles and in some cases, broken bones.

Dr. Pearce offers the following preventive tips:

**1. Warm-up.** Before beginning any snow removal, warm-up for five to ten minutes to get the joints moving and increase blood circulation.

**2. Don't let the snow pile up.** Removing small



amounts of snow on a frequent basis is less strenuous in the long run.

**3. Pick the right shovel.** Use a lightweight, non-stick, push-style shovel.

**4. Push, Don't throw.** Push the snow to one side and avoid throwing it. If you must throw it, avoid twisting and turning- position yourself to throw straight at the snow pile.

**5. Bend your knees.** Avoid bending at the hips and try to keep a nice straight back.

**6. Watch the ice.** Use coarse sand, ice salt or even kitty litter to help reduce the chance of a slip or fall.

**7. Wear proper footwear.** Shoes and boots with solid treads on the soles.

**8. Take a break.** Make it a habit to rest for a few min-

utes every 10 - 15 min. Stop shoveling immediately if you feel chest of back pain.

If you follow these few simple tips, you will greatly reduce your chance of injury due to snow shoveling this winter. This will allow you to enjoy all of the other winter activities like skating or skiing.

Take care and have a safe winter season. Yours in health,

**Dr. Tara Pearce**

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**Neighbourhood Corner - Mississauga**

In January, Mississauga (W12-W20) recorded 667 sales, a 10 per cent increase over the 2006 total for the same month. The average price was \$335,252, up 10 per cent over the \$305,464 recorded during January of 2006. In addition, there were 219 sales of detached homes in the Mississauga, which averaged \$478,889, a seven per cent increase over the same time period last year (\$448,889).❖

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Information Provided by Toronto Real Estate Board.	Greater Toronto Area Sales January '07	Sales as a % of Month Total	Sold Price as % of Asking	Median Price
Dwelling Type				
Detached	2,540	49.2%	97	\$369,450
Semi-Detached	639	12.2%	99	\$298,000
Condo Townhouse	351	8.7%	97	\$229,900
Condo Apartment	1,143	20.9%	97	\$214,500
Link	121	2.2%	98	\$272,000
Attached /Row /Townhouse	364	6.3%	98	\$282,450
Co-op Apartment	14	0.2%	94	\$156,500
Detached Condo	1	0.1%	99	\$306,000

-- February 2007 stats will be available online sometime late in the week of March 04, 2007 --