

South Florida Housing Market Keeps Getting Better for Sellers

BY PATRICK SIMM



THE CONSENSUS IS NOW UNANIMOUS!FINALLY, DIS-believers in the South Florida real estate market are in agreement that the housing market has made the turn around, in spite of the state being tormented by one of the highest foreclosure rates in the United States. Home and condo sales are reaching record numbers monthly, as foreigners purchase real estate at what may be an unprecedented level. South Florida holds a rare distinction in terms of international attraction for foreign buyers, with its rich mixture of cultures from around the world. This influx of buyers has produced the largest increase in property sales for any U.S. urban area and is producing a recovery for the region from the toughest housing crash since the 1920's, even prior to the Great Depression.

South Florida was forecasted to complete 2012 with average housing inflation, including condos, of 8.4%. The number is not official, but I dare to say that the average housing inflation exceeded that number and was much closer to 10%. It has been seven years since the housing market last experienced the gains that we saw in 2012, with leading indicators showing no signs of the recovery easing up within the next few years to come.

With the overwhelming positive indicators occurring in the Real Estate market at the present time, the question of whether we are headed towards another Real Estate Bust often arises. Take a moment to consider the following.....prices fell approximately fifty percent across the board subsequent to the last downturn that originated back in late 2005. Roughly seven years later, we have acquired approximately ten percent of the values back. We have to appreciate another forty percent to reach the values that we were at in 2005.



The majority of buyers, including investors, sense that prices are now at affordable levels and it's just a great time to buy! This current real estate dilemma of low housing inventory levels caused by demand exceeding supply that is driving appreciation is predicted to continue for the next five years or so. I believe that as long as the economies of other foreign countries continue to endure challenges, South Florida real estate in particular will continue to thrive until buyers feel it's unaffordable again.

South Florida is an international destination for vacationers, attracting home and condo purchasers from all over the world. If there's ever been a time to buyer housing in South Florida in this decade, chances are this is it! There is a steady increase in prices, and buyers are starting to realize that if they don't get in to this market sooner than later, the window of opportunity continually diminishes.

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Prevention of Skiing Injuries

BY AL DESIMONE, M.D.



DESPITE THE LOWER INCIDENCE OF SKIING INJURIES over the last several years, there are still more than 500,000 skiing injuries in the United States every year. Though foot and ankle injuries are becoming less common, knee ligament sprains and upper extremity injuries are extremely prevalent. We have also seen an elevated number of injuries involving the head and neck region, as well as the lower spine.

After performing extensive research and giving multiple lectures on this topic, I think there are a number of pearls of wisdom to remember during skiing. Pre-season conditioning programs that include strength training focusing on flexibility and agility are recommended to all skiers to help reduce the incidence and severity of injuries. Though skiing instruction at the time of travel may lower the incidence of injuries, more specific injury prevention courses prior to going on a ski trip have been proven to lower the incidence of injuries.



Remember to acclimate yourself with rest, proper hydration and a high carbohydrate diet, as these elements will protect against fatigue. Most injuries occur within the first few days of skiing because most individuals progress very quickly to a high demand level of activity. To prevent injury progress slowly, avoid prolonged periods of rest and stop skiing prior to fatigue. Also keep in mind that late afternoon skiing has the highest incidence of injury mostly due to changes in skiing conditions.

When looking for the appropriate equipment, consider age, height, weight and level of expertise, as beginner skiers should even consider a helmet. Assure proper binding adjustments, as failure to do so has been associated with a higher occurrence of skiing related injuries. Falling backwards (sitting on your skies) may often result in significant injury. Always try to keep your knees flexed and remain balanced on your skies.

These are a few tips for all skiing enthusiasts of this season. Remember that safe skiing is always fun.

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