```python
import RPi.GPIO as GPIO
import time
#assign numbering for the GPIO using BCM
GPIO.setmode(GPIO.BCM)
#assingn number for the GPIO using Board
#GPIO.setmode(GPIO.BOARD)

cnt = 0
MAIL_CHECK_FREQ = 1 # change LED status every 1 seconds
RED_LED = 4
GPIO.setup(RED_LED, GPIO.OUT)
while True:
ifcnt == 0 :
GPIO.output(RED_LED, False)
cnt = 1
else:
GPIO.output(RED_LED, True)
cnt = 0

time.sleep(MAIL_CHECK_FREQ)
GPIO.cleanup()
```