

# COMMUNIQUÉ

*Welcome to the first issue of Communiqué, a monthly publication focused on health and fitness. As you know the Bay Club has a fitness area that can support physical conditioning, health and wellbeing. We encourage you to take advantage of all it has to offer. We look forward to staying in touch with relevant fitness information.*



## Committee Members

Bill Wight, Chair  
 Keith Paton  
 Jeannette Hanson  
 Dean Rosenthal  
 Barb Sweet  
 Maureen Black  
 Barb Phillips  
 John Sweet

The committee generally meets on the first Thursday of each month at 9:30 AM at the Bay Club. All health and fitness

## The Health and Fitness Charter

The SBCA Health and Fitness Committee shall make recommendations to the SBCA Board for promoting the physical, emotional, and cognitive health of members through fitness in a safe, well equipped fitness center, including promoting increased utilization of the Fitness Center by SBCA members and associate members.

Our goal is to fulfill the function of a typical Fitness Manager by:

- Developing long-term goals for the Fitness Center facility and membership.
- Setting priorities for health and fitness programs and services.
- Providing education and fitness programs for members of all ages, levels of fitness, abilities, disabilities and health status under the guidance of a certified fitness expert.
- Setting up fitness related seminars, lectures, workshops, social events and demonstrations.
- Helping members learn to exercise safely and properly.
- Providing for clean, safe and orderly fitness areas, with equipment in good working order.
- Keeping up to date with new technologies, equipment and fitness trends and when applicable, researching and recommending new equipment.
- Providing internal and external marketing of available programs and facilities.
- Being available as a repository for member needs, ideas, input and feedback.
- Entering into collaborative arrangements with other organizations and when applicable, share resources, ideas and have joint events.
- Having on duty staff members who are certified in CPR and AED utilization.