

# COMMUNIQUE

Health and Fitness Committee meets on the first Thursday at 9:30am

Health and Fitness enthusiasts are welcome

Below are a few links to exercise videos good for starters or seniors:

[Exercise for beginners & seniors](#)

[Exercise for seniors](#)

## Committee Updates

The H&F committee is working to enhance the member experience at the fitness center. We have great equipment and exercise options for strength and endurance training, and several total body workout options such as the rowing machine, the recumbent stepper and circuit training. We are currently working with the Board to provide a better option for water aerobics, and hope to have a determination of whether the budget can accommodate this expenditure before the end of the fiscal year. If you are interested in more detail, please refer to the Committee and the Board Minutes on [SBCA.club](#). We are also looking at scheduling fitness center orientation sessions in small groups to show proper usage of the equipment and tour what is available.

We encourage you to reach out with ideas to improve usage of the fitness center and look forward to seeing you, let's get moving!

## Why Senior Fitness is Important

### Physical Activity Guidelines for Americans:

Most health benefits occur with AT LEAST 150 minutes/week of moderate intensity physical activity. PLUS at least 2 sessions per week of resistance training. Recent studies show that resistance training can be as effective or even more effective for cardiovascular health. Strong evidence for the health benefits of regular physical activity in older adults are:

- Lower risk of early death, heart disease and stroke
- Lower risk of high blood pressure and type II diabetes
- Lower risk of adverse blood lipid profile (high cholesterol)
- Increased bone density and lower risk of hip fracture
- Lower risk of endometrial cancer
- Lower risk of metabolic syndrome
- Lower risk of colon cancer
- Lower risk of breast cancer
- Prevention of weight gain
- Weight loss and reduces obesity
- Improved cardiorespiratory and muscular fitness
- Reduced symptoms of depression
- Prevention of falls
- Better cognitive function
- Reduced risk of Alzheimer's
- Lower risk of lung cancer
- Improves sleep quality
- Better functional health



Despite the known effectiveness of resistance exercise in improving function, only 10% of older adults engage in this mode of exercise at the recommended dose of two times per week. In comparison, walking is the most consistently preferred mode of exercise among older adults, and the participation rate is double that of resistance exercise." Walking is great but getting your heart rate into the target zone is much better! Walking is only part of what our bodies need. We have resistance training equipment at the Bay Club for meeting your resistance training goals.

Contributed by Dean Rosenthal