

COMMUNIQUE

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

Health and Fitness enthusiasts are welcome

Check out these articles:

Why you should invest in a [personal trainer](#).

Medicare covers [physical therapy](#).

Medicare Covers Physical Therapy

Washington is one of 26 states that allow direct patient access to physical therapy with some provisions.

Treatment may be administered with the following provisions:

A physical therapist may only provide treatment using orthoses that are crucial to treating conditions of the foot or ankle by referral or consultation from an authorized healthcare provider.

There is no restriction on any insurance entity or any state agency or program from limiting use of physical therapy services. The PT must refer a patient to an appropriate healthcare provider when symptoms or conditions exceed the physical therapist's scope of practice.

Consider Using a Personal Trainer

By Dean Rosenthal

The virtues of exercise are well known, especially for older adults. However, it seems as though a portion of our community have not taken up the mantle. Why? One reason may be that folks simply do not know what exercises are the best for them, how to perform them, or how to use exercise equipment properly.

Seniors should consider utilizing the help and expertise of a personal trainer. Enlisting the assistance of a personal trainer is one of the best ways for older adults to ensure they're not only getting the proper amount of daily exercise, but also meeting achievable benchmarks, focusing on target areas with precision while using equipment correctly. A personal trainer considers age, physical capabilities, preferences and personal goals so they can help provide tangible, realistic goals for seniors' fitness programs. Additionally, they can monitor progress and ensure seniors are exercising safely and using materials properly, thus decreasing their chances of getting injured. They can also collaborate, if necessary, with health professionals to include injury prevention and/or rehab in their programs, and maximize workout time.



Areas of fitness importance are cardio endurance, flexibility, balance, and strength training. Your Bay Club Fitness Center is the great place to train with a Personal Trainer. They are welcome in the facility as your "Guest." Of course, you would be responsible for paying their fees.

Physical therapy is covered by Medicare. See "Medicare Covers Physical Therapy" on sidebar.