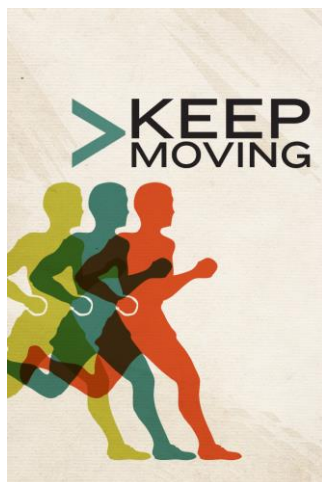


# COMMUNIQUÉ

Next meeting of the Health and Fitness Committee  
November 3 at 9:30 a.m.

Health and fitness enthusiasts are welcome.

Interested in chair yoga?  
Contact [vkshelton@yahoo.com](mailto:vkshelton@yahoo.com)  
650-266-8292  
[www.vkshelton.com](http://www.vkshelton.com)



## Bay Club Hours

- Mon-Fri 7:30 am – 8 pm
- Sat 9 am – 5 pm
- Sun 12 pm – 4 pm

See [What's Happening at the Bay Club](#) for fitness and other Club activities.

## Tis the Season for Seasonal Affective Disorder (SAD)

With the onset of the fall and winter seasons comes days where the weather can be dreary and rainy limiting the amount of sunshine. According to researchers Seasonal Affective Disorder (SAD) may have something to do with the body's internal clock, or circadian rhythm, which is regulated by sunlight. The lack of sunlight can lead to SAD.

For some people this can be a difficult transition period when Seasonal Affective Disorder can set in. SAD has a range of symptoms including difficulty concentrating, low energy levels, mood changes, overeating and reduced libido. This not only affects the person experiencing SAD but their friends and family as well.

So what can you do to offset the affects of SAD?

- Eat nutritious meals.
- Avoid alcohol and drink plenty of water.
- Exercise outdoors, especially when the sun is shining. Exercise indoors at the Bay Club as there are numerous classes being offered as well as a wide variety of equipment.
- Open the blinds and curtains on your windows allowing as much sunlight as possible to enter your house.
- Ask for support from others so they know how you are feeling.
- SAD lamps or light boxes can help by mimicking natural daylight.
- If all else fails there is always Arizona and California.

Source: Martin Sayers writing in *The American Legion*, October 2022.

