

COMMUNIQUÉ

Next meeting of the Health and Fitness Committee
January 5 at 9:30 a.m.

Health and fitness enthusiasts are welcome.



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.

Fight Inflammation!

Some common concerns among older Americans is alzheimers disease, dementia, cancer, heart disease, rheumatoid arthritis (RA), peridental disease and type 2 diabetes. One common denominator that can cause these maladies is inflammation.

Some common causes of inflammation include autoimmune disorders, exposure to toxins and untreated acute inflammation, such as from an infection or injury.

There are also some lifestyle factors that can contribute to inflammation. One may be more likely to develop chronic inflammation if you:

- Drink alcohol in excess.
- Have a high body mass index (BMI) that falls within the ranges of obesity, unless that is a result of being very muscular.
- Exercise at your maximum intensity too frequently, or you do not exercise enough.
- Consume too much added sugar and too many refined carbohydrates.
- Experience chronic stress.
- Smoke.

Treat inflammation at home by choosing more foods that have anti-inflammatory properties such as:

- Oily fish, like mackeral, salmon or sardines.
- Leafy greens, like spinach and kale.
- Olive oil.
- Tomatoes.

How to prevent inflammation:

- Maintain a healthy weight.
- Avoid or quit smoking.
- Limit alcohol intake to a maximum 2 ounces per day.
- Manage stress with meditation, Tai Chi, yoga or other healthy activities.
- Exercise at least 150 minutes per week with moderate instensity physical activity plus at least two sessions per week of resistance training.

It all comes back to exercise!