

COMMUNIQUÉ

Next meeting of the Health and Fitness Committee
February 2 at 9:30 a.m.

Health and fitness enthusiasts are welcome.

Health benefits occur with at least 150 minutes per week of moderate intensity physical activity plus at least two sessions per week of resistance training.



[Stream workout](#) videos for home exercise.

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.

There are some health and fitness related activities you can do that do not require physical exercise or resistance training.

Take a Nap!

According to an article in *healthline*, a short “power nap” is between ten and twenty minutes. It might work best between the hours of 1 p.m. and 3 p.m., and it is important to not go over twenty minutes, or you might wake up more tired than before. Some of the benefits include:

- Better cognition
- Improved memory
- Boosted immunity



Meditation

Meditation may offer many benefits including help with the following:

- Inner peace
- Stress reduction
- Fatigue
- Emotional well-being

Research has shown that meditation may help reduce symptoms of anxiety, depression and improve physical health. Meditation can help manage the following:

- Chronic pain
- Asthma
- Cancer
- High blood pressure
- Sleep problems
- Digestive problems
- Heart Disease

[Here](#) is an introduction to meditation for beginners.

According to the University of Connecticut, spending 20 minutes by a crackling fire can reduce blood pressure by up to eight points. Gazing at a lit candle can have the same benefit.

There are a number of Yoga, Tai Chi and Qigong classes at the Bay Club that have a meditation component. Check them out!

Happy New Year!

