

COMMUNIQUÉ

Next meeting of the Health and Fitness Committee
March 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.

Most important exercises for seniors to master according to Bob and Brad, the most famous physical therapists on the Internet.



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.

Water Exercise

Water exercise coach Laurie Denomme cites seven benefits of water exercise:

- Less joint impact - Water buoyancy reduces joint loading.
- Total body training – Water provides multi-directional resistance making for a balanced workout.
- Reduce joint and muscle pain – Gentle exercise helps with circulation and hydration of muscles.
- Gain mobility – Water exercise can keep you back limber.
- Improve heart health – Water exercise is a good low-impact aerobic activity.
- Build better balance – Water supports weak muscles and there is little fear of falling.
- Burn calories while staying cool in the water.

The Bay Club currently offers AquaZumba with Kathy on Fridays at 9:00 AM.

Another opportunity is being organized that would allow you to work to your own fitness level with cues provided. Please contact Dori to confirm your spot prior to a March session start date. For questions and to sign up: doridesigns2@gmail.com



Go Bananas!

One large banana has about 490 milligrams of potassium and that's 19% of a daily woman's needs and 15% of a man's. Potassium removes sodium and helps manage blood pressure.

Hydration

Speaking of water...staying hydrated could mean less disease and slow the effects of aging, according to an article by Steven Reinberg in the *HealthDay Reporter* on January 3, 2023. He cites research that shows "staying well-hydrated may slow down aging, prevent or delay the development of chronic diseases, and therefore prolong a disease - free life." And don't forget to hydrate before, during and after water exercise or any physical activity.

