

# COMMUNIQUÉ

Next meeting of the Health and Fitness Committee  
April 6 at 9:30 a.m.

Health and fitness enthusiasts are welcome.



“It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case you fail by default.”  
- J.K. Rowling.

[Seven most effective exercises according to WebMD](#)

## 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.

## Seniors urged to get medical alert device

According to a Dr. Howren, “Seniors are just one fall away from being put in a nursing home...every senior should have a medical alert device.” This is especially important for people who live alone.

According to the CDC, more than one out of four older people fall each year. Falls can result in broken bones – wrist, arm, ankle, hip fractures and head injuries. These injuries often lead to nursing home care.

There are numerous stories of people who were not wearing a medical alert/fall detection device of some kind falling and lying on the floor for hours before someone came to their aid.

There are many fall detection devices available on the market including smart watches. [Consumer Reports](#) is one resource to start finding a device that works for you.

Hip injuries are a very common result of falling so hip strengthening exercises can be very helpful in preventing injury and surviving a fall. Here are [14 easy to do exercises](#) for strengthening and increasing mobility in the hips.

## Five of the best exercises you can do

There are a lot of different suggestions on the best exercises you can do. Here is *Harvard Health Publisher's* top five:

1. Swimming.
2. Tai Chi.
3. Strength training.
4. Walking.
5. Kegel exercises strengthen the pelvic area. Squeeze the muscles you would use to prevent yourself from passing urine.



## New water exercise opportunity

Watch for communication from SBCA regarding new water exercise activities. A smart tv is now installed in the swimming area capable of viewing videos for water exercise activities.

