

COMMUNIQUE

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

We must keep moving, we must keep going, If you can't fly, run. If you can't run, walk. If you can't walk, crawl.

But keep moving!

Author unknown.

Pickleball Skill Building and Beginners' Sessions - Wednesdays 11am - 1pm at Beach Club Courts.

[What to know about pickleball](#)



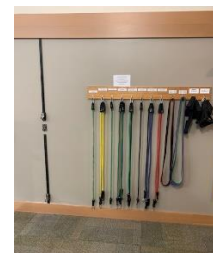
Bay Club Hours

- 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.

Straps, bands, and balance equipment at the Bay Club

The Bay Club is well equipped with straps and bands which provide many options for strength training. There are manuals available in the stretching area to give guidance on how straps and bands can be used. Or you can find examples [here](#).



Balance is a key component of fitness, along with strength, endurance, and flexibility. The Bay Club is well equipped with equipment to work on balance in the stretching area with manuals available for guidance. [Here](#) are some exercises using a balance pad.



What is the least amount of exercise I can do for health?

Sometimes people might wonder what the least amount of exercise is they can get away with and still be healthy.

According to Jay Croft, writing for WebMD, a study found that “people who take 8,000 steps a day once or twice per week get almost all the cardiovascular health benefits as people who do it almost every day.” That is about four miles.



Water exercise opportunities with videos in the pool. Watch for Eblast from SBCA for details.

[Recognize the symptoms](#) of a heart attack from Jefferson Healthcare.

“Walking is man’s best medicine.”

- Hippocrates