

COMMUNIQUÉ

Next meeting of the Health and Fitness Committee
 May 4 at 9:30 a.m.
 Health and fitness enthusiasts are welcome.

The Washington Driver Guide says to “allow at least three feet of space when overtaking or passing a bicycle.” Also, motorists can cross the yellow line, if the way is clear, to allow for the three feet.



“Our growing softness, our increasing lack of physical fitness, is a menace to our security.” - John F. Kennedy



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.

May is Mental Health Month

According to the National Institute of Health “Mental health is important at every stage of life. Mental health includes emotional, psychological, and social well-being. Good self-care starts with regular exercise, a healthy diet, proper sleep (stick to a regular schedule), and relaxing activities.

There are several sources for assistance for people in a mental health crisis. The Suicide & Crisis Lifeline phone number is [988](#). The Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources.

There is also the National Suicide Prevention Lifeline at 800-273-TALK (8255).

“Over the course of the past decade, there’s been increased willingness to recognize mental health as an essential part of one’s well-being.” – Nicole Spector, 2020.

Exercise and dementia risk

Researchers have found a clear association between increased physical activity and lower rates of anxiety, depression and dementia. One study found a link between being sedentary and higher rates of anxiety and depression. Exercise has been shown to help manage mental health symptoms, regardless of what type of exercise you do. (Source: *Healthline*.)

Research shows exercise reduces dementia risk by:

- increasing blood flow to the brain
- reducing inflammation
- reducing stress
- improving sleep
- helping maintain a healthy body weight.

“Regular aerobic exercise for 20-30 minutes per day which can be achieved by walking, power walking, swimming, or using an exercise bike... This practice has been shown to reduce dementia by 30-35%.” (Source: *MedicalNewsToday*.)