

COMMUNIQUE

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Health and fitness enthusiasts are welcome.

Keep Moving!

Excuses, Excuses, Excuses... [The Truth about Exercising and Aging.](#)

“A year from now you may wish you had started today.” - Karen Lamb

Regular Exercise Benefits Both Your Mind and Body

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.

Train Your Brain

Much has been written about the health benefits of physical fitness. Like other muscles in your body, the brain needs exercise also. Walking and other physical and mental activities can improve your brain's health according to Martha W. Murphy writing in the May 2023 edition of the *AARP Bulletin*.

According to Patrick Smith, associate professor of psychiatry at the University of North Carolina, “Perhaps the most exciting finding is that aerobic forms of exercise (including walking) likely help facilitate the growth of new neurons.”

Other benefits include boosting creativity; mood enhancement; reducing risk of cognitive decline; and decrease in brain-damaging stress.

“If your committed to working on any kind of mental task, you'll get better and faster at it over time.” - *Prevention*



A recent edition of *Prevention* recommends the following memory strengthening activities:

- Learn new things: Crossword puzzles or SODUKO that get harder each time. Take a class. Learn a new skill. Join Martha's Book Club. (It meets the second Tuesdays at 4:00 p.m.)
- Do Something [meditative or mindful](#).
- Get more social: “The data is quite convincing that isolation can impact not only how long you live but also how well you live...socializing is very good for your brain because it's another way to learn new things.”
- [Smart brain games](#).
- Get a full uninterrupted seven to eight hours of sleep every night.

Know your limits

Before starting a new exercise program fitness experts routinely suggest consulting with your physician as a precautionary measure.