

COMMUNIQUE

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

“The groundwork for all happiness is good health.”
- Leigh Hunt



Zumba is one of the many fitness classes offered at the Bay Club. Here are some of the [benefits](#) of participating in Zumba.

[Port Ludlow Pickleball](#)

Beginner and skills clinics are on Tuesdays at 10:30 a.m. at the Beach Club courts.

[Here are some exercises](#) to prevent pickleball injuries.



See [What's Happening at the Bay Club](#) for fitness and other Club activities.

STRESS

According to the Cleveland Clinic “Stress is a normal human reaction that happens to everyone...the human body is designed to experience stress and reacts to it.”

The Center for Disease Control says stress is on the rise in the nation with more than 32 percent of adults reporting symptoms of depression and anxiety.

The causes of stress can include financial challenges, problems at work or at home, grief after the death of a loved one, being a caregiver for a person coping with an illness or your own health related problems. Continuing stress can lead to both emotional and physical problems.

The Mayo Clinic offers the following tips to reduce stress and improve your quality of life.

- [Guided meditation](#). There are numerous guided meditations available on the internet.
- Deep breathing, deep breaths taken in for a count of five seconds, hold for two seconds and released for five seconds.
- Regular exercise and good nutrition.
- Spend time in meaningful activities like visiting with friends, being outdoors, participating in cultural, spiritual, or religious activities. Limit time on social media.
- Have quality relationships with others.

“Almost everything will work again if you unplug it for a few minutes...including you.” – Anne Lamott

Equipment Demonstration

The second in a series of monthly presentations on the proper use of the fitness equipment at the Bay Club will be held on August 10 from 10:30 a.m. – 12:00 p.m. This second session will be on the proper use of the Hoist Functional Trainer (cable-column machine) and will be coordinated by Dr. Michael Haberpointer. To register call 360.437.2208 or register at the front desk.

Sources for this article include the VFW Magazine, August 2023; the AARP Newsletter for June/July 2023; the Cleveland Clinic; Mayo Hospital; and the Center for Disease Control.