

COMMUNIQUE

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

“Fitness is not about being better than someone else. It’s about being better than you used to be.”

- Khloe Kardashian

**KEEP
MOVING!**

Why can't I remember anything? [Here are seven tricks](#) to help with that.

[Port Ludlow Pickleball](#)

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



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

Health and fitness enthusiasts are welcome.

An Important Key to Health & Fitness: Nutrition

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.” — Hippocrates

A healthy diet is important to your body in several ways. Healthy blood and blood flow affects your heart, brain, muscles, and skin. Some of the foods that help improve circulation include cayenne pepper, beets, berries, fatty fish, pomegranates, garlic, walnuts, grapes, and turmeric. Source: [WebMD](#).

There are also foods to avoid, especially if you have anxiety and depression including fruit juice, regular and diet soda, toast, ‘light’ dressing, ketchup, coffee, energy drinks and more. [Click here](#) for more details.

Walking

Walking is a popular fitness activity in Port Ludlow. As a matter of fact, people come to Port Ludlow to experience the great trail system that encompasses over 30 miles of trails with views of the Cascade and Olympic Mountains as well as water views and the passing of cruise ships, cargo container vessels, pleasure craft and Navy ships.

There are also some [common mistakes](#) that walkers and hikers may experience.

A great opportunity is coming up to participate in the Indian Island Deer Run 5K and 1-mile fun run on Saturday September 16 at Naval Magazine Indian Island. No need to register, just show up at the Main Gate at 9:30 a.m.

Health & Fitness Presentation

The third in a series of monthly presentations relating to health and fitness will be held on a date to be announced at the Bay Club. This session will focus on balance, fall recovery, and home health and will again be coordinated by Dr. Michael Haberpointer, DPT. To register call 360.437.2208 or register at the front desk. [Click here](#) for information from the Center for Disease Control for the facts about falling, especially for older Americans.