

COMMUNIQUÉ

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

"Look in the mirror. That's your competition." – John Assaraf



Get updated COVID-19 vaccine information [here](#)

Get free at-home COVID-19 tests delivered to your home [here](#)

[Port Ludlow Pickleball](#)

Court Hours

Mon – Sat 10:00 am – 1:00 pm

Sunday 1:00 pm – 3:00 pm

Tue – Thurs (lower courts only)
1:00 pm – 3:00 pm



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

Health and fitness enthusiasts are welcome.

Vagus Nerve

The vagus nerve has been found to have an important role in exercise. It helps the heart pump blood, which delivers oxygen to the body. According to Dr. Ramchandra "For the heart to sustain a high level of pumping, it needs a greater blood flow during exercise to fuel the increased work it is doing...regular exercise can improve vagal activity ..."

According to the Cleveland Clinic there are several ways to stimulate your vagus nerve.

- * Meditation, yoga and deep breathing can help regulate the autonomic nervous system.
- * Exercise. Getting your body moving, especially with interval and endurance training.
- * Massage. Giving yourself a foot massage by rotating your ankle, rubbing the soles of your feet and stretching your toes back and forth.
- * Music. Try humming, singing, or listening to calm music.
- * Cold-water immersion may help with stress. Or try placing an ice pack on your face or neck or taking a cold shower.
- * Earthing/Grounding. Walking on grass, sand, or soil with bare feet.

Benefits include minimizing seizures, treating depression, regulating emotions, reducing blood pressure, lowering your heart rate, reducing inflammation, and treating migraine headaches.

Sources: Cleveland Clinic. *Complete Concussion Management*, Dr. Paul Hrkal ND.

Health & Fitness Presentation

The fourth in a series of monthly presentations relating to health and fitness will be held on Friday, October 6 from 10:30 a.m. – noon at the Bay Club. This session will focus on proper use of the Nautilus Multi-Station and Hoist Hip Machine and will again be coordinated by Dr. Michael Haberpointer, DPT. To register call 360.437.2208 or register at the front desk.