

COMMUNIQUÉ

“I was a better endurance athlete in my 60’s than in my 20’s and finally, completed the Cuba-to-Florida swim in 2013 at age 64, in just under 53 hours. When I got to Key West, I said to the crowd: ‘Never ever give up. You are never too old.’”
 – Dianna Nyad, endurance swimmer, from an article in the November issue of *AARP Magazine*.



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



There is still time to donate. Collection boxes at the Bay Club and other Port Ludlow locations will be picked up on December 14.

[Brain boosting drinks](#)

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

How Many Steps Are Enough?

There is a lot of advice on how many steps a day we should do to maintain physical fitness. The prevailing advice has been 10,000 per day. However, there are other recommendations.

According to Dr. Bethany Agusalala and other researchers, “the average U.S. citizen takes 3,000 to 4,000 steps per day. Walking less than 5,000 steps each day is considered sedentary. And that original 10,000 number...wasn’t based on science – it was likely just a goal chosen to help market the first commercial pedometer...”

Studies published in *The Lancet* (Nov. 16, 2022) “suggested 7,000 steps, not 10,000 as previously thought, could help people age 60 and older live longer. And the benefits for younger adults leveled off at about 9,000 steps.”

[Common Walking Mistakes](#)

Several studies indicate that risk of death from any cause decreases with more steps per day and then may level off at:

- 7,000 – 10,000 for adults aged 18-19 years.
- 6-000 - 8,000 for adults aged 60+.
- 7,500 - for women over 62.

The one thing that many health and fitness experts agree on is that moving more can benefit your health. **Keep moving!**

Whether you count steps or not the CDC recommends 150 minutes of moderate intensity such as brisk walking and at least 2 days a week of activities that strengthen muscles.

Upcoming Health & Fitness Presentations

January 5 – Floor Exercise & Stretching.
 February 2 – Suspension Strap and other Functional Training.
 March 1 – Rehab from Surgery or Injury: Shoulder, Hip, Knee & Back.
 April 5 – Functional Training.

All sessions will be held at the Bay Club from 10:30 a.m. to noon and coordinated by Michael Haberpointer, DPT. To register call 360.437.2208 or register at the front desk.