

# COMMUNIQUE

## Health Benefits of Riding a [Stationary Bike](#)



Like the one in the Bay Club.



**And welcome to the fourth  
year of the *Communique*.**

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



**KEEP MOVING!**

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

## Traffic Safety is a Health Concern

There has been a lot of chatter about the roundabouts going in on Highway 104 at the Paradise Bay Rd and Highway 19 intersections. This section of highway, according to the Washington Department of Transportation, is a high accident-prone stretch of road.

Many drivers who haven't recently had a driver's training course, or even had to take a test recently, may not know how to properly [navigate roundabouts](#). Roundabouts are here to stay, and it would be in the traveling public's best interest to know how to use them.

AARP offers an [online defensive driving course](#) "refresh your driving skills and reduce your insurance costs." The cost of the course is \$26.95 for AARP members.

## The Next Big Thing in Health & Fitness: AI

According to *Wikipedia* "Artificial intelligence (AI) is the intelligence of machines or software, as opposed to the intelligence of humans or animals. It is a field of study in computer science which develops and studies intelligent machines."

AI is in the news regarding many current day topics. Here are the [top ways](#) AI is impacting the fitness industry.

[Here is how](#) you can benefit from fitness-based AI apps.

How [AI will revolutionize personal fitness and nutrition plans](#).

## Upcoming Health & Fitness Presentations

- January 5 – Floor exercise & stretching.
- February 2 – Suspension Straps and other Functional Training.
- March 1 – Rehab from Surgery or Injury: Shoulder, Hip, Knee & Back.
- April 5 – Functional Training.

All sessions are at the Bay Club from 10:30 a.m. to noon and are coordinated by Michael Haberpointer, DPT. To register call 360-437.2208 or register at the front desk.