

COMMUNIQUÉ

“Increased physical activity enhances positive energy.”

- Lailah Gifty Akita

[Try this](#) for a better night's sleep and how to [sleep better](#) as you get older. Here are some [natural sleep](#) remedies.

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

This [simple exercise](#) can lower your blood pressure.

[Tai Chi](#) can lower blood pressure.

According to this research women can get [more benefits](#) from exercise than men.



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

Note: Text has been edited using Grammarly, an AI-powered application that helps to improve writing by detecting and correcting spelling, grammar, and punctuation errors.

High Blood Pressure: The Silent Killer

According to [Heart.org](#) “high blood pressure, also known as hypertension, is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high. High blood pressure, also known as hypertension, is a serious medical condition where the force of your blood pushing against the walls of your blood vessels is consistently too high. This condition is often referred to as "The Silent Killer" because it can cause damage to your body without showing any symptoms.”

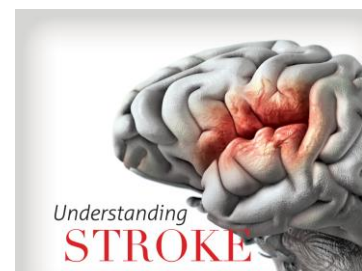
On the other hand, [low blood pressure](#) can also be a cause for concern.

It is important to regularly [check your blood pressure](#) and you can do so at the Bay Club near the entrance to the pool door.

Additionally, it is important to [understand strokes](#) and [how strokes occur](#).

Symptoms of a stroke can be remembered with the acronym BEFAST:

- B** - Balance: sudden loss of balance.
- E** - Eyes: vision loss.
- F** - Face: face drooping.
- A** - Arms: arm weakness.
- S** - Speech: difficulty with speech.
- T** - Time: time is of the essence.



If you experience any of these symptoms, it is important to call 911 immediately.

Upcoming Health & Fitness Presentations

- 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.