

COMMUNIQUÉ



[Signs](#) you are not moving enough.

“Most people fail, not because of lack of desire, but, because of lack of commitment.”
– Vince Lombardi

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

“The way I see it, if you want the rainbow, you gotta put up with the rain.”
- Dolly Parton

[Secrets for a Longer Life](#)

[These foods](#) are bad for your heart.

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

Functional Training

Functional training “...trains your muscles to work together and prepares them for daily tasks by simulating common movements you might do at home, at work, or in sports.” – Mayo Clinic.

Functional Training Presentation
April 5, 10:30 a.m. – noon
Coordinated by Michael Haberpointer, DPT
To register call 360.437.2208 or register at the front desk.

According to WebMD loss of muscle, strength, and endurance is not just a matter of aging. Many people just stop using the key working muscles in their body that they need to carry on the activities of daily living.

Functional training focuses on maintaining critical muscle groups such as quads, glutes, calves, abdominals, triceps, biceps, and others that are critical to carrying on daily activities.

Functional training can involve the use of any of the equipment that is available at the Bay Club including machines, dumbbells, barbells, bands, straps, and even your own body weight.

Caffeine May Improve Performance

There are several studies regarding the use of caffeine to improve athletic and exercise performance, some with mixed results according to [Healthline](#). It may be of most benefit to trained athletes but is worth consideration for untrained athletes.

April is Occupational Therapy Month

[Occupational Therapy](#) focuses on improving one’s ability to perform activities of daily living whereas physical therapy focuses on improving a person’s ability to move their body.

[Click here](#) for more information on what occupational therapists do and how they can assist you in a variety of ways.