

COMMUNIQUE



Your body can stand almost anything. It is your mind that you must convince.

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

As summer approaches, find today's heat risk at your location [here](#).

[Surprising things](#) that raise your blood pressure.

10 health risks that are [debunked](#).

Heart-healthy recipe:
[Fruity Oatmeal Yogurt Parfaits](#)

Financial health and mental and emotional health may be correlated if you get scammed.
[Read this.!](#)

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

What is Health and Fitness?

According to the National Institute of Health, "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease. Fitness is the ability to execute daily functional activities with optimal performance, endurance, and strength to manage minimalist of disease, fatigue, stress, and reduced sedentary behavior.

The components of health-related fitness include body composition, muscular endurance, muscular strength, cardiovascular endurance, and flexibility."

[Here is why](#) sitting is detrimental to your health. Sitting for extended periods of time could lead to earlier death. All that exercise you do could be lost. One of the themes of this newsletter is "keep moving." Do what you can.

Optimism is the Key to Good Health

"Hopefulness and confidence about the future or the successful outcome of something." – *Oxford Dictionary*.

"Studies regularly show that optimists are more likely to maintain better physical health than pessimists, including a 50% lower risk of cardiovascular disease and greater survival rates when fighting cancer. Some studies have also linked a pessimistic explanatory style with higher rates of infectious disease, poor health, and earlier mortality." [Click here](#) to learn more.

National Toothbrush Day June 26

"It's Toothbrush Day! Toothbrushes do so much to protect our teeth from decay! It's essential to brush (with fluoride toothpaste) for two minutes twice daily. Brushing prevents bacteria from entering the bloodstream and causing disease in other areas of the body (heart disease, respiratory ailments, Alzheimer's disease, and diabetes)." – Sourced from *Google*.