

COMMUNIQUÉ



August is [National Wellness Month](#)

[This month at the Bay Club.](#)

Heart-healthy recipe:
[Foods to boost male health.](#)

[What to know](#) before you take herbal supplements.

[Health benefits of house plants.](#)

[Improve brain health](#) in six months with HIIT.

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

“What hurts today makes you stronger tomorrow.”
– Jay Cutler

Strength Training

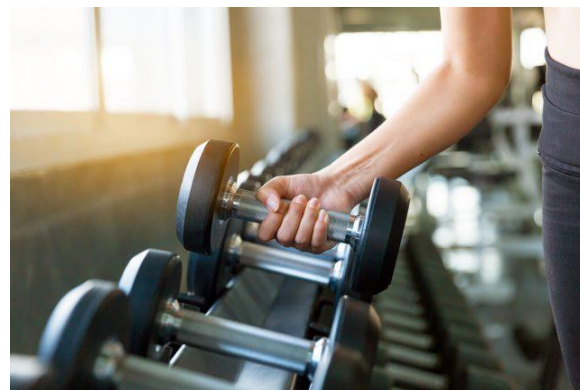
“As a personal trainer, strength training is the No. 1 type of exercise I recommend to live longer,” according to Patricia Greaves, founder of StrongHer Personal Training.

Strength training, when done correctly, “keeps your muscles strong and toned, providing a healthy foundation for other physical activities with many additional benefits.”

She goes on to say that muscle mass starts to decline around age 30. Strength training exercises become more important as people age.

“If you don’t use muscles, they will lose their strength over time,” say Dr. I-Min Lee, a professor of medicine at Harvard Medical School.

“Strength training is any workout that causes your muscles to contract against an outside resistance. These exercises, whether done with body weight, weight machines, resistance bands, dumbbells, or other equipment, offer many health benefits. They can improve overall health, strengthen bones, increase joint flexibility, help with weight control, and blood sugar regulation, enhance sleep, and even prevent diseases. It might also preserve brain function later in life. With all these benefits, it’s hard to ignore the power of strength training.”



The Bay Club offers an ample array of all the equipment mentioned above for members’ use. In addition, there are a number of classes available that address strength training issues.

Source: Rachel Gresh is a Washington, D.C.-based freelance writer.