

# COMMUNIQUÉ

“Take care of your body. It is the only place you have to live.”

– Jim Rohn

September 8 is [World Physical Therapy Day](#).

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

[Heart-healthy snacks](#).

[Resistance training](#) can help prevent Alzheimer’s symptoms.

[How we lose our memory](#).

Don’t like working out? [Try this](#).

**Active Life Physical Therapy**  
**“Putting it All Together”**  
**Friday, September 6**  
**10:30 am – 11:30 am**  
**This session will be about formulating a good workout plan**  
**Register at the front desk or call 360-437-2208.**

[Pool schedule](#) at the Bay Club.  
 Note: Lap swim requires sign up.  
 Sign up at the front desk or call 360-437-2208.

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

## Take a Bath in the Forest!

Living in Port Ludlow we have a bathtub right outside our doors. Forest bathing offers a wonderful opportunity to relax your mind and reenergize your body. Forest bathing is a form of meditation that can offer the following benefits according to its proponents:

- Relieve stress.
- Improve heart health.
- Speed up recovery from injury.
- Get better sleep.
- Boost immunity.
- Plus, many other benefits.



And you do not necessarily need to live in the forest. Most any nature setting will do. [Click here](#) for the full story.

## Exercise Snacking

According to an article in the July 2024 issue of *Nice News*, exercise snacking “ involves practicing short bursts of cardio or resistance training for as little as 20 seconds at a time throughout the day.”

According to the authors you do not need exercise equipment or gym memberships to “snack.” You can benefit from exercise snacking while engaging in normal daily activities.

Exercise snacks involve one-minute bursts of exercise three times a day. For example, when you get up from a chair do some squats. During the commercial break in a television program do some lunges or elevated pushups. Or those physical therapy exercises you have been prescribed. Any activity that gets you moving qualifies and you do not need to set aside gym time or workout time to do these. Make them part of your daily activity.

[Cleveland Clinic](#) offers more information on how to snack and the benefits of this form of snacking.

Sources: *Healing Forest*.  
*Nice News*, July 2024  
 Cleveland Clinic