

COMMUNIQUÉ



November is National Gratitude Month.

Gratitude is an active process of acknowledging goodness and recognizing its source. Gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and well-being.

[Tai Chi](#) more effective at lowering blood pressure than cardio. Check out [Tai Chi classes](#) offered at the Club.



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

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

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

**American College of Sports Medicine
Top 10 Fitness Trends for 2025**

1. **Wearable technology** - Allows real-time self-monitoring and feedback from devices such as fitness trackers, smartwatches, heart rate monitors, and GPS tracking devices.
2. **Mobile exercise applications (apps)** - can allow flexible, adaptable, accessible, and customizable fitness programming.
3. **Fitness programs for older adults** - Regular physical activity for this population remains a critical strategy for maintaining overall health, preventing chronic diseases, improving quality of life, and promoting independent living.
4. **Exercise for weight loss** - Exercise, specifically strength training, is the main driver of maintaining lean muscle mass while in a caloric deficit and/or on obesity medications.
5. **Traditional strength training** - Traditional strength training incorporates equipment such as barbells, dumbbells, and kettlebells focusing on proper movement and lifting technique to improve or maintain muscular fitness.
6. **High-intensity interval training (HIIT)** - HIIT involves repeated short bouts of near maximal, high-intensity aerobic efforts followed by active or passive rest periods that allow sufficient recovery to repeat the same working effort.
7. **Data-driven training technology** - Data-driven training technology can help clients understand the physiological responses to an exercise stimulus in real-time. This type of training allows individualized coaching and instruction.
8. **Exercise for mental health** - Exercise programming designed to improve aspects of mental health.
9. **Functional fitness training** – This typically encompasses strength training to improve balance, coordination, functional movement, and endurance that reflect activities of daily living.
10. **Health/wellness coaching** - Health and wellness coaches utilize principles of behavioral science to promote health and lifestyle medicine programs.

Notice
Toys for Tots donation box will be in place at the Bay Club from November 19 to December 12.

Roundabouts
Roundabouts continue to cause motorists frustration. [Click here](#) to learn how to successfully navigate roundabouts.