

COMMUNIQUE



Have a Healthy Holiday



These [fitness mistakes](#) can sabotage your workout.

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

[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.

Toys for Tots collection box is out at the Bay Club until December 12. New and unwrapped gifts for children are appreciated.

National Handwashing Awareness Week December 1–7 and Dealing with the Flu Season

The first week in December is designated to raise awareness of the importance of proper handwashing and good hand hygiene as the onset of flu season is here.

Handwashing is one of the most effective ways to prevent the spread of germs and avoid getting sick. Germs can spread when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects. Handshaking is suspect.

Handwashing with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy. Keeping hands clean can help prevent diarrheal illnesses and respiratory infections, such as the common cold and flu.

Source: AI Generated.

Here is how to [navigate this flu season](#).

Thanksgiving leftovers like cooked turkey, gravy, stuffing, mashed potatoes green beans and certain desserts should be consumed within three or four days, according to [federal guidelines](#).

Should you exercise during flu season? [Click here](#) to find out.

[Click here](#) to determine if you have the flu, RSV, COVID or a cold.

Balance Presentation

Good balance is the key to fall prevention and a healthy lifestyle. According to this study balance deteriorates faster than muscle strength or walking speed. [Check out this balance test.](#)

The next Active Life Physical Therapy led series of presentations at the Bay Club will be about balance from 10:30 a.m. – Noon on Friday December 6.