

COMMUNIQUE



The only bad workout is the one that did not happen.

Lunar New Year is the year of the Snake symbolizing wisdom and transformation, offering opportunities for personal growth and change.

Open Forum

January 3, 2025

11:15 a.m. – 12:00 noon

Active Life Physical Therapy will be present to answer questions about physical fitness activities.

[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.

January

The month of January was named after Janus of ancient Roman mythology for his ability to turn one face to reflect upon the past and a yet another face freshly pointed upon the future. This is so appropriate. January marks the new year for most of us humans. A new beginning. Look to the future this month and how you can improve your health and fitness.

Mental Wellness Month: The month of January is observed to raise awareness about mental health.

“Over the course of the past decade, there’s been increased willingness to recognize mental health as an essential part of one’s well-being.” – Nicloe Spencer

Mental health self-care tips: (from National Institute of Mental Health)

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try a relaxing activity.
- Set goals and priorities.
- Practice gratitude.
- Focus on positivity.
- Stay connected.

I like the dreams of the future better than the history of the past.” – Abraham Lincoln

Diet tip of the month: [These foods](#) may help prevent dementia.

Stress and anxiety are top concerns when dealing with mental health. Here is how to [quiet the mind](#). And these [easy habits](#) can change your mental health.

[These conditions](#) can affect your personality. And [depression](#) can affect your body. [Here](#) are some things that can raise your chances of depression. Also there [may be a link](#) between sleep issues and depression.

HAPPY NEW YEAR!