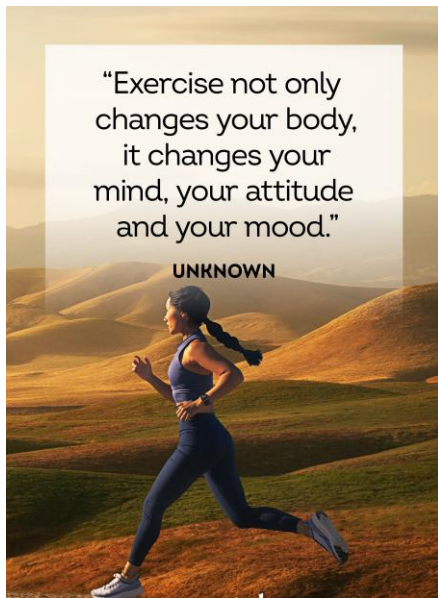


# COMMUNIQUE



“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

UNKNOWN

**Fitness Facility orientations on all the available equipment will be held on the 1<sup>st</sup> Thursdays at 11:00 a.m.**

**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. Fitness enthusiasts are welcome.

## Aromatherapy

According to the Cleveland Clinic, Aromatherapy is the use of essential oils to improve your health or well-being. You may apply essential oils (properly diluted) to your skin through techniques like massage. Or you may choose to inhale the aroma by creating a facial steam or using an essential oil diffuser. Possible benefits include reduced anxiety and improved sleep quality.

Research results are mixed, but some people report positive results. See the Cleveland Clinic information [here](#).

## Exercises That Can Help You Sleep

If aromatherapy and other measures don't help your sleep there are six exercises, according to [WebMD](#), that might help.

Doing resistance training during the day was found to be the best form of exercise for those over 60 suffering from insomnia. Source: *CNN* as reported by *The Week*, March 21, 2025.

## Eye Health

The worst habits for your eyes from [AARP](#).

[Eye yoga](#) might improve your eye health.

These foods have the nutrients needed for good eye health according to [WebMD](#):

- Green leafy vegetables such as spinach, kale, romaine lettuce, and collards
- Broccoli and Brussels sprouts
- Salmon, tuna, sardines, and other oily fish.

## Flossing

Researchers have found that flossing your teeth may help cut stroke risk by more than 20 percent. People who flossed once a week were 22 percent less likely to suffer an ischemic stroke and 44 percent reduced the risk of cardioembolic stroke. They also found that 12 percent were less likely to develop atrial fibrillation, which can trigger strokes.