

COMMUNIQUÉ



“Doubt kills more dreams than failure ever will.”

– *Exercise.com*

“If you don’t make time for exercise, you’ll probably have to make time for illness.”

–Robin Sharma

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

If you hate to exercise [click here](#) for some ideas to get you going.

What you should know about [bananas](#), an important source of vital dietary components.

[Click here](#) for the worst restaurant meals you can order according to *WebMD*.

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

Port Ludlow Pickleball Association is now playing at the courts near the golf course clubhouse at 9:00 a.m. Monday thru Saturday and 10:00 a.m. on Sundays.

Key Facts about Obesity and Ultra-Processed Foods

According to The World Health Organization

- In 2022, 1 in 8 people in the world were living with obesity.
- Worldwide adult obesity has more than doubled since 1990, and adolescent obesity has quadrupled.
- In 2022, 2.5 billion adults (18 years and older) were overweight. Of these, 890 million were living with obesity.
- In 2022, 43% of adults aged 18 years and over were overweight and 16% were living with obesity.
- In 2024, 35 million children under the age of 5 were overweight.
- Over 390 million children and adolescents aged 5–19 years were overweight in 2022, including 160 million who were living with obesity.
- According to WHO “Overweight and obesity result from an imbalance of energy intake (diet) and energy expenditure (physical activity).

However, a [new study](#) now finds a direct link between ultra-processed foods and obesity. While, according to the study, exercise is a vital component to warding off obesity the societal changes that have brought on more consumption of ultra-processed foods is a larger factor than lack of exercise.

According to an article in the July/August issue of *Experiencelife.com* ultra-processed foods may affect your brain. “Replacing one serving of processed red meat with a serving of nuts, beans, or tofu every day may lower dementia risk by 20 percent.”

Pilates for Parkinson's Class

This class will be offered on Monday’s at 11:00 a.m. beginning September 8th. It is a 45-to-60-minute class designed to strengthen core musculature, which is vital for balance and posture. The class will be a dynamic flow to enhance ability to transition between postures and movements used in our everyday lives. [Click here](#) for information on treating Parkinson’s with Pilates.

The class will be taught by Marilyn Aron, a Pediatric Occupational Therapist/Massage/Therapist and certified as a Pilates Teacher. Sign up at the front desk or call 360-437-2208.