

COMMUNIQUÉ



"Let the crisp October breeze whisper dreams into your heart and color your days with joy."
-Author unknown.

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

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." - Plato

When are you too old to use a ladder? [Click here](#) for some advice.



Health and fitness enthusiasts might be interested in this publication: [Experience Life.com](#)
Note the article on how AI can be used to personalize your health and fitness routine.

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

Interval Walking Technique (IWT)

(Taken from *AARP Magazine*, Aug/Sept issue.)

IWT is a practice developed in Japan that is simple and backed by science. It is especially ideal for people over 70.

Here is how it works: Warm up for 10 minutes of easy walking. Walk briskly for 3 minutes, Walk at a normal pace for 3 minutes Repeat for 30 minutes. [Click here](#) for more details.

Water Aerobic Exercises

Water aerobic exercises offer many benefits including the following according to [Very Well Health](#):

- Decreased stress levels.
- Improved muscular endurance.
- Lower blood pressure.
- Reduced cholesterol levels.
- Reduced strain on your joints while you exercise.
- Weight loss.

The Bay Club offers numerous opportunities for water aerobic exercises including aqua walk, virtual water aerobics, lap swim... [Check the calendar](#) for times and details.

Seasonal Affective Disorder

With the ending of Daylight Savings Time on November 2, seasonal affective disorder might set in for some people. [Click here](#) to learn how to handle it.

Medicare Wellness Visit

If you are on Medicare, are you taking advantage of the yearly wellness visit? "You can get a yearly 'Wellness' visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors" [according to Medicare](#).

HAPPY HALLOWEEN