

COMMUNIQUÉ



"May is the month to let your energy bloom — nourish your body, strengthen your mind, and watch your wellness grow like spring itself." 🌱 🐣
Source: AI Generated

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

[These exercises](#) may help with droopy eyelids and may help you avoid blepharoptosis surgery.

Walking needs to be combined with other strengthening activities. [Click here](#) to learn more.

How fit are you for your age?
[Take this test](#) to find out.

[Ways to fight](#) the aging process, in case you didn't do well on the test.

[Heat Vs. Ice.](#) When to use each in recovery or pain relief.

[Here](#) is how exercise can affect your brain.

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

May is National Physical Fitness and Sports Month

This designation aims to promote improving health through a more active lifestyle. Move more. Sit less. And get in the recommended 150 minutes each week of moderate aerobic activity like brisk walking, biking and even gardening. And two days a week of muscle strengthening exercises such as weightlifting or other resistance training. Source: U.S. Office of Disease Prevention and Health Promotion.

Osteoporosis

Source: Mayo Clinic

Osteoporosis is a silent disease characterized by porous, weak bones with low density that are highly prone to fractures, often with no early symptoms until a bone breaks. It primarily affects older adults (especially postmenopausal women) due to age-related bone loss, resulting in stooped posture, height loss, and severe spinal pain. Key risk factors include lack of calcium/vitamin D, sedentary lifestyle, smoking, and hormone changes.

Prevention and Management

Exercise: Weight-bearing and resistance activities (like walking or weightlifting) are essential for building and maintaining bone density.

[Click here](#) for some strength training exercises you can do to get you started.

[Here](#) are some workouts for stronger bones.

Nutrition: Adequate intake of Calcium and Vitamin D and K is critical for bone health.

Treatment: While there is no cure, medications like bisphosphonates or hormone therapies can help slow bone loss and reduce fracture risk.



Fitness Center orientations are available on Wednesdays at 11:00 a.m. Sign-ups are requested to avoid congestion. Sign up at desk or call 360-437-2208.