

COMMUNIQUÉ



August is [National Wellness Month](#), making it the perfect time to refocus on your fitness goals.

“Courage is not having the strength to go on; it is going on when you don't have the strength.”

-Theodore Roosevelt

[Try these](#) seated exercises to build strength.

[Things](#) you should know about aging. And [things](#) your body needs as you age.

Sleep

As people age sleep may be harder to come by and disrupt your life. [Click here](#) to learn most everything about sleep.

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

“Return to hiking: navigating hills both ascending and descending” at the Bay Club August 19, 11 a.m. – noon with Dr. Michael Haberpointer, physical therapist.

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

Heart Failure

Source: *WebMD*

Heart failure means your heart is not working as well as it should and it is not pumping enough blood and oxygen to your body.

Symptoms

- Shortness of breath – one of the first red flags.
- Fatigue – arms and legs feel weak and you may feel tired climbing stairs or walking. Or feel lightheaded.
- Nagging cough and wheeze – cough can produce white or pinkish mucus.
- Swelling of feet, ankles, legs. More fluid is staying in your tissues.
- Nausea – your digestive system is not getting enough blood.
- Racing heart – a common warning sign that your heart is not pumping enough blood.
- Confusion – your brain can be affected when organs are not working well due to being deprived of blood.

Report symptoms to your doctor to confirm your symptoms are heart failure or other related issues.

Ballroom Dance Classes at the Bay Club

West Coast Swing 2* for advanced beginners, starts Wednesday, August 5 at 4 p.m.

Foxtrot for Beginners, starts Monday, August 10 at 4 p.m.

Live music field trip to Port Townsend American Legion on August 29 6 p.m. to 9 p.m.

Foxtrot or West Coast Swing 2 class is \$40 per non-member for a four-week class. To register call 360-437-2208.

*West Coast Swing class 2 requires knowledge of basic Swing patterns, or a prior West Coast Swing class.

[See last issue](#) for health and fitness benefits of dance.

Fitness Center orientations are available on the first Thursdays at 11:00 a.m. Sign-ups are requested to avoid congestion.