

COMMUNIQUE

The next meeting of the Health and Fitness Committee is May 5 at 9:30 a.m.

Health and Fitness enthusiasts are welcome

Info and Events

Balance exercises are important for older adults to prevent falls. Click [here](#) for a video.

Click [here](#) for a new AARP fitness program designed by experts for people 50-plus.

Zumba with Kathy, Mondays & Wednesdays at 6:00 pm -7:00 p.m.

Aqua Zumba with Kathy, Fridays at 9:00 am - 9:45 am

Aerobic Dance, "Let's Keep Movin" with TJ, Mondays at 10:30 am

Dance Cardio & with TJ, Tuesdays at 10:00 am

Line Dancing, Thursdays at 9:00 am

Tap Dancing, Mondays at 12:30 pm and Wednesdays at 9:45 am

Pickleball Skill Building and Beginners Sessions, Wednesdays

I've Fallen and I CAN get up!

A seminar by Tim Vagen, MS, CSCS, FMS2 is scheduled for **May 19, 2022 at 10:00 AM**. As we age, falling becomes one of the biggest fears in life. According to the Center for Disease Control one in four adults will fall this year. It's not the actual fall itself, but the results of the fall. The injuries, the recovery, and the feeling of "I can't get up". Falls can be prevented by a few simple exercises and happen for a variety of reasons:

- Loss of balance
- Loss of strength
- Loss of coordination
- Loss of vision
- Loss of confidence



In this 2-hour seminar, Tim will cover the following topics:

- The reasons for falls
- The psychology of fear
- Fall risk indicators
- Simple exercises to increase balance, strength, power, and confidence
- How to fall to reduce injury
- How to properly get up
- Being a caretaker of a fall risk person

Tim has been in the fitness industry for 40 years. He holds a Master's Degree in Geriatrics and has studied fall prevention extensively. Tim is the Program Manager for the highly regarded Highline College Personal Fitness Trainer Program. His presentations are both entertaining and informative.

Please register at the Bay Club front desk or call 360.437.2208