

COMMUNIQUE

The next meeting of the Health and Fitness Committee is June 2nd at 9:30 a.m.

Health and Fitness enthusiasts are welcome

Info and Events

[I've Fallen and I CAN get up!](#)

A seminar on how to prevent and reduce injuries from falling. May 19 at 10:00 AM. Please register by calling the club 360.437.2208.

Click [here](#) for fun cardio workout for seniors.

Click [here](#) to learn how to check your heart rate.

Weekly Group Exercise classes:

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

Aqua Zumba with Kathy, Fridays at 9:00 – 9:45 a.m.

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

Dance Cardio & Tone, with TJ on Tuesdays at 10:00 a.m.

Line Dancing, Thursdays at 9:00 a.m.

Tap Dancing, Mondays at 12:30 p.m. and Wednesdays at 9:45 a.m.

Pickleball Skill Building and Beginners Sessions -Wednesdays 11am - 1pm at Beach Club Courts.

Heart Health

Heart disease is the number one killer worldwide, according to the American Heart Association, and stroke ranks second. And even when those events do not result in death, they cause disability and diminish quality of life.

According to The Centers for Disease Control (CDC) physical activity can help maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensive exercise, like brisk walking or other aerobic activity every week.

The Bay Club provides a good array of aerobic equipment including tread mills, stationary bike, rowing machine, NuStep, elliptical and arc trainer. Swimming is also a great aerobic activity. The Bay Club also offers numerous exercise classes to help you boost your heart rate. There is a blood pressure monitor easily accessible near the swimming pool door entrance.



Target heart rate is an important concept to understand when working on aerobic or cardiovascular fitness. Target heart rate is the beats per minute (bpm) your heart needs to be working to get maximum benefit from your work out. You can determine your bpm by taking your pulse at the wrist.

Age	Target HR Zone Beats Per Min	Avg Max HR Beats Per Min
55	83-140	165
60	80-136	160
65	78-132	155
70	75-128	150
75	73-123	145

According to the CDC your maximum heart rate is about 220 minus your age. You may want to consider having your doctor determine your appropriate "Target Heart Rate."