

COMMUNIQUE

Info and Events

July 27, 1:30p – Osteoporosis management through exercise.

August 2, 3:00 p.m. – Take care of you and your hormones.

September 7, 4:00 p.m. – Joint pain.

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.

[Health and Fitness Guide.](#)

The next meeting of the Health and Fitness Committee is August 4th at 9:30 a.m.

“Fitness is not about being better than someone else...It’s about being better than you used to be.” – *Better Living.*

Osteoporosis

“Osteoporosis causes bones to become weak and brittle – so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis – related fractures most commonly occur in the hip, wrist, or spine,” according to the Mayo Clinic.

The Mayo Clinic also speaks to symptoms of osteoporosis and says “that once your bones have been weakened by osteoporosis, you might have signs and symptoms that include:

- Back pain, caused by a fracture or collapsed vertebra
- Loss of weight over time
- A stooped posture
- A bone that breaks more easily than expected.”

[Weight-bearing exercises](#) and activities that promote balance and good posture are beneficial for your bones, but walking, running, jumping, dancing, and weightlifting can all be helpful.

[Here](#) are some exercises for osteoporosis, osteopenia & strong bones.

Mary Breckel, DPT, Jefferson Healthcare Rehabilitation Services was recently at the Bay Club to speak about osteoporosis. The focus of the talk was on the prevention and progression of osteoporosis. She also demonstrated exercises to protect and strengthen the spine.

The next presentation by Jefferson Healthcare will be on Tuesday, August 2, 2022 at 3PM, "Take Care of You and Your Hormones".

Reminder: Remember to hydrate when working out in this hot weather!

