

COMMUNIQUE

Healthy is an outfit
that looks different
on everybody.



**Fitness Facility orientations
on all the available
equipment are held on the
1st Thursdays at
11:00 a.m.**

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

[New study](#) shows weight training
may slow cognitive decline.

[Health benefits](#) of massage therapy.
There are several massage therapists
in the area.

**Lap swim requires sign up.
Sign up at the front desk or
call 360-437-2208.**

[Port Ludlow Pickleball](#) is open
for business! Try it out!

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

Shoulder Exercises

Whether you are an aging (younger) athlete, or an aged (older) athlete shoulder health is key to good performance. Repetitive uses from activities like golf, tennis, pickleball, throwing, swimming... all can contribute to shoulder soreness. Also, activities of daily living like reaching to a high shelf or just walking can exasperate shoulder issues.

The shoulder is an important body part that should not be overlooked in your exercise program. [Shoulder mobility](#) is an important aspect for activities of daily living as well as sporting and recreational activities.

[Here](#) are the best exercises for shoulder pain. These exercises will also help maintain good shoulder function.

Bird Flu Could Become Dangerous Pandemic

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According to the CDC [Bird Flu](#) (Avian influenza A virus) is on the rise and could become a pandemic, worse than COVID.

A recent story on [CBS 60 Minutes](#) also sounded the alarm.

“What I'm here to tell you is this is a very serious threat to humanity,” - Dr. Kamran Khan, an infectious disease physician in Toronto who is cited in that CBS presentation:

Here is what the CDC says about [how to avoid Bird Flu](#).

Instructor Series

How to Lift Properly and Train for It

May 2, 10:30 – noon

Pat Duong, DPT, will conduct a lecture and demonstration on how to lift things off the floor/ground properly without hurting yourself. This will include learning about the “Hip Hinge” and how to use the new “Open Trap Bar:”

The month of May is often associated with spring, new beginnings, and growth, both in nature and in life. It is named after the Greek goddess Maia, who was associated with motherhood, nature, and fertility. May is also seen as a time of hope and expectation.

Source: Google.