

# COMMUNIQUÉ



**“Healthy citizens are the greatest asset any country can have.”**  
– Winston Churchill

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

Here are some [exercises](#) for pickleball players that will help up your game. And are also good for non-pickleball players to up your game, whatever it is, as well.

Keep your mind young and sharp with [these activities](#).

Having trouble with pain? Try [swearing](#), it is proven to help. And it can also help with your sports and fitness routine.

Is your body aging faster than it should be? [Click here](#) to find out.

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

**Any exercise is better than no exercise.**  
– Author unknown.

## **Ballroom Dance Class Coming to the Bay Club** **And it is Free of Charge for Members!**

Learn basic East Coast Swing in these six week-long classes by a National Certified Ballroom Dance Teacher. No prior dance experience or partner needed! Class is free to Bay Club members and requires a six-week commitment. Non-members: \$60 per person.

Mondays 5:00-6:15 pm, July 7-August 18 (no class July 28). South Bay Club classroom. Sign up required at the front desk or call 360-437-0367. Class size is limited.

There are at least ten health and fitness benefits to ballroom dancing. [Click here](#) to learn more.

## **The Power of Polyphenols**

“Polyphenols are naturally occurring compounds found predominantly in plant-based foods.” They have antioxidant properties that can help with disease prevention and health promotion.

The health benefits include the following:

- Anti-inflammatory effects – beneficial to arthritis and metabolic syndrome.
- Cardiovascular health – lower blood pressure and reducing “bad” LDL cholesterol levels.
- Metabolic benefits – may aid in managing obesity and assisting in diabetes management.
- Neuroprotective effects – they promote cognitive function and may delay onset of Alzheimer’s and Parkinson’s. Diets rich in polyphenols are associated with reduced risk of dementia.
- Cancer prevention – inhibits growth of cancer cells and may prevent tumor growth.

Dietary sources for polyphenols includes blueberries, strawberries, raspberries, apples, grapes, cherries, pomegranate, spinach, onions, broccoli, artichokes, green tea, black tea, coffee, red wine, walnuts, almonds, flaxseed, sesame seeds, soybeans, black beans, oats, whole wheat, turmeric, cinnamon, cloves and oregano. Polyphenol supplements include grape seed extract, green tea extract and resveratrol.

Source: Jennifer Campbell writing in the July 2025 issue of the *American Legion Magazine*.