

# COMMUNIQUÉ



“The best feeling is when you didn’t want to work out, and you worked out anyway.”

-Author unknown.

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

The [best foods](#) to eat as you age.

[Germ spots](#) to look out for during this flu season or any season.

[Health tips](#) for men over 60 and more information on diabetes.

[Fascia](#) is tissue that surrounds muscles, bones, organs and joints and is found to be an important piece of our anatomy that plays a big role in physical well being. It is worth learning about in order to improve and/or maintain health and fitness.



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

## Hip Health

(Source: *Healthline* and *verywell Health*)

A broken hip is a serious health problem and most always requires surgery. Complications from a broken hip can be life-threatening. The death rate, particularly in older adults can be extremely high. 70% of people with an unrepaired hip fracture will die within a year and 21% for those whose fracture is surgically repaired. Most deaths happen within the first three months. It is estimate that about 300,000 hip fractures occur every year in the United States due to falls in older adults.

Causes of broken hips include falling on a solid surface, blunt trauma, and diseases such as osteoporosis, which causes bone loss. Women are more at risk because they are more susceptible to osteoporosis than men. Obesity is another cause because of pressure on the hip bones.

We hear of instances where people living alone have fallen and laid on the floor for hours or days before being rescued. A [past issue](#) of this newsletter urged people to get and wear a medic alert device.

[Here](#) is how to improve bone health and keep your [hip healthy](#).

[See these](#) exercises to strengthen your hips.

## Diabetes Awareness Month

Diabetes Awareness Month is observed every November, led by the American Diabetes Association. It aims to raise awareness about diabetes, [its impact](#), and the importance of [prevention](#) and [management](#).

[These exercises](#) can help prevent diabetes.

[Best exercises](#) if you have diabetes.

## Heart Rate Zone Training

To get the most out of your workouts it is good to know where your heart rate is at and if what you are doing is beneficial to what you are trying to accomplish.

[Check this](#) article for all the details about heart rate zones and your target heart rate.