

# COMMUNIQUE



**“The best way to predict your future is to create it.”**  
– Abraham Lincoln

January is Mental Health Month. Click [here](#) for information from *Well Being Trust*. A [past issue](#) of the *Communique* gave extensive information on this topic.

[Progressive overload](#) is an important concept to understand during your fitness journey.

**New equipment is being planned for the resistance training area. Orientations will be held with a new emphasis on etiquette to help relieve congestion and make the new equipment more useable.**

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

[Pool etiquette](#).

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

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

## *5th Year of Communique*

As we enter the 5<sup>th</sup> year of the *Communique* and continue to search and write about timely health and fitness topics this quote comes to mind, “Everything that needs to be said has already been said. But since no one was listening, everything must be said again.” – *André Gide*.

So, in the new year you may see some topics repeated. Some of these topics are worth saying again because of their importance to the reading audience, made up mostly of older adults. The topic on balance is one of those.

### **Balance**

According to the Center for Disease Control, falls are the leading cause of injury for adults 65 years and older. Over 14 million adults report falling each year. In the state of Washington 365,262 older adults fell, according to data obtained in 2024.

CDC reports that there are about 1 million fall related hospitalizations each year and 319,000 older people are hospitalized for hip fractures.

Risk factors that contribute to falls include the following, among others:

- Lower body weakness
- Vitamin D deficiency
- Vision problems
- Difficulties with walking and balance
- Vision problems
- Foot pain or poor footwear
- Home hazards such as uneven steps, throw rugs, clutter.

[WEBMD](#) provides a visual guide to balance disorders.

Here is a [balance test](#) you can easily do on your own to see where you are at.

[Here](#) are some simple balance exercises you can do to improve your balance at home or at the Club. The Club has good equipment in the stretching area for balance exercises such as balance balls, foam pads, a handrail...