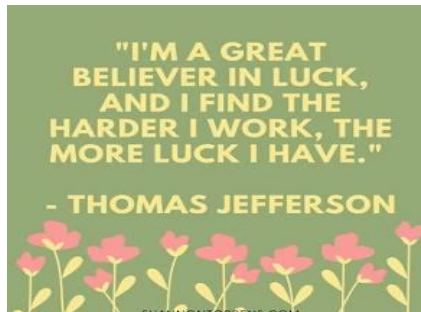


COMMUNIQUE



“Mindset is what separates the best from the rest.” – Unknown

Walking with resistance is a necessary part of your walking routine. Click [here](#) to learn what the research says.

If your joints hurt during or after that walk click [here](#) to learn why and what to do about it.

Memory issues are getting a lot of attention in the media and may concern you and your family. Learn more [here](#). [And here](#).

It seems everything is going smart these days, even toothbrushes.

Check them out [here](#).

The Bay Club is now equipped with new Matrix equipment. Check it out and watch for an orientation.

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

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

Boost your VO2 Max

Source: *The American Legion Magazine, January 2026*

VO2 max is the maximum amount of oxygen your body can use during physical effort. Higher VO2 max means you have more endurance and better heart and lung function. This may lower the risk of heart disease and will improve your health and lifespan.

According to Jennifer Campbell, a certified personal trainer, VO2 max is trainable at any age. There are two types of cardio to understand and do each week: Zone 2 and intervals.

Zone 2 trains your heart to pump more efficiently and your muscles to burn fat for fuel. A zone 2 workout can be a brisk walk or slow jog two times a week for 30 to 40 minutes each. Zone 2 is about 60% to 70% of your estimated max heart rate which can be calculated as 220 minus your age. You can tell if you are in Zone 2 if you can talk in full sentences and finish the session feeling like you could continue the workout.

Intervals are vigorous efforts followed by recovery. This increases VO2 max. For example:

- Warm up 5 to 10 minutes in Zone 2.
- Go hard for 30 seconds (fast walk uphill). This should feel like a 7 out of 10 effort. Stop if you feel chest pain, shortness of breath or dizziness.
- Go easy for 90 seconds.
- Repeat eight times.
- Cool down for easy 5 minutes.

NOTE: If you have had any kind of heart event or concern get cleared by your doctor before you do intervals.

Here is a training plan:

- Day 1: Do a brisk walk for 30 – 45 minutes.
- Day 2: Rest.
- Day 3: Get into Zone 2 for 30 to 45 minutes.
- Day 4: Rest.
- Day 5: Do 20 minutes of interval training.
- Add a second interval day if you are already active.

Learn more [here](#). [Jeffing](#) also offers VO2 benefits.