

# COMMUNIQUE



"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."  
- Charles Darwin

"If every fool wore a crown, we should all be kings."  
- Welsh Proverb  
Happy April Fool's Day!

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

[Complete Guide & Training Program for pickleball players.](#)

Click [here](#) for information about the Port Ludlow Pickleball Association. New players and members are welcome.

Do you have tight muscles? Click [here](#) for stretches that can help you get loose.

What is the right balance between the amount of cardio and strength training you should do? Click [here](#) to find out.

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

## Proper Hydration Can Improve Performance

Source: Harvard T.H. Chan School of Public Health.

"Hydration is essential for maintaining nearly every bodily function, including regulating body temperature, lubricating joints, transporting nutrients, and enabling cognitive function. Adequate water intake, typically 9–16 cups daily [depending on body composition], prevents dehydration-related fatigue, headaches, dizziness, and organ failure, while supporting optimal physical and mental performance."

### Key Health Benefits of Proper Hydration:

- **Physical Performance & Energy:** Keeps muscles functioning well, prevents fatigue, and improves circulation.
- **Brain Function & Mood:** Supports focus, memory, and cognitive performance while reducing anxiety and promoting better mood.
- **Temperature Regulation & Health:** Helps cool the body through sweat and protects organs. It also prevents kidney stones and constipation.
- **Joint and Skin Health:** Keeps joints lubricated and skin healthy.
- **Waste Removal:** Flushes toxins out of the body through urination and sweating.

Dr. Deanna Minich, a Certified Functional Medicine Practitioner, says proper hydration includes more than just drinking water. "Electrolytes like sodium, potassium and magnesium help regulate the movement of water in and out of cells, which in turn supports nerve signaling, muscle contraction, and cellular communication."

She recommends taking small amounts of fluid, which is more effective than large quantities all at once. And hydration comes from many sources including fruits, vegetables, teas, broths, and soups.

Drinking water right after waking up in the morning helps restore fluids lost overnight.

**DRINK UP!**

**Fitness Center orientations are available on Wednesdays at 11:00 a.m. Sign ups are requested to avoid congestion. Sign up at desk or call 360-437-2208.**