

COMMUNIQUÉ



Fitness isn't a seasonal hobby, it's a lifestyle.

September is Healthy Aging Month. Click [here](#) for more information.

[Here](#) are some ways to fight the aging process.

[These things](#) can raise your chances of getting dementia.

Dance at the Bay Club
Friday, Sept 4, 4-6 p.m.
Free Salsa lesson first hour
followed by dance practice
second hour.

[Exercises](#) you can do without leaving your bed.

[Click here](#) for ways to wreck your sleep.

[More advice here](#) on a sleep aid you should know about.



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

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

Dusking

Possible Solution to Sleep Problems

Source: Geeta Maker-Clark, MD, *Medicine For All People*. Some content is AI Generated

Dusking refers to spending time outdoors during the fading light around sunset, with the idea that exposure to the natural transition from daylight to darkness helps your body's circadian rhythm recognize that evening and nighttime are approaching. The changing light environment may support better sleep time and nighttime melatonin production.

Circadian rhythm is your body's roughly 24-hour internal timing system. It helps coordinate sleep and wakefulness, body temperature, hormones, digestion, alertness, and other daily functions.

Dusking is not a well-established scientific term and research is limited. However, there is no evidence of negative effects, so it is worth a try for those having trouble going to sleep.

How Dusking May Support Your Circadian Rhythm

Spending time outdoors during the last minutes of sunset helps your body recognize evening is approaching—supporting better sleep.



Machines and equipment at the Bay Club now have QR Codes on them with a detailed video on how to use the equipment. Use your phone to take a picture of the code and open the link.



Fitness Center orientations are available on the first Thursdays at 11:00 a.m. Sign-ups are requested to avoid congestion.