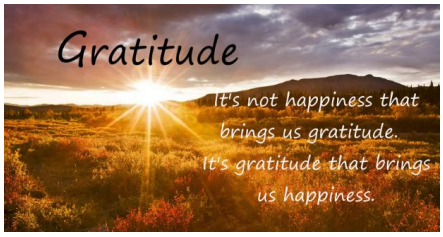
Health and Fitness Committee of the SBCA November 2026 Vol 6 No. 11 Past Issues

COMMUNIQUÉ



"When I started counting my blessings, my whole life turned around." – Willie Nelson

Here is how to stay fit and strong after 50.

Here is how to stay healthy in retirement.

Everything you need to know about your blood sugar:
Signs your blood sugar is out of control.
Here is how blood sugar harms your body.
Strength training can help control blood sugar.
Coffee can negatively affect blood sugar.



Program at the Bay Club on November 11, 10:30 – 11:30a

This month at the Bay Club.

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

Bone Density

Source: National Council on Aging (NCOA)

"Bone density refers to the amount of minerals—mostly calcium and phosphorous—that are present in a specific area of bone. When bone density decreases, bones become weaker and thinner and are more likely to fracture.

Bone density is an important indicator of how likely bones are to break. It's also valuable in identifying osteopenia and osteoporosis and assessing the effectiveness of treatments that aim to prevent bone loss."

One in two women and one in four men over age 50 break a bone due to bone loss in their lifetime. Hip fractures are a common problem resulting from bone loss.

Some factors that can influence bone loss include age, low estrogen in women, low testosterone in men, insufficient intake of calcium and or Vitamin D and lack of physical activity.

Weight training can strengthen bones as well as improve muscle mass, at any age. In this article "the great thing about resistance training, says Alan Rozanski MD, a professor of medicine at Icahn School of Medicine at Mount Sinai Hospital, is that it improves your health at any age, and no matter what condition you are in."

Strength training has beneficial effects on overall health.

These foods can promote bone density.

Gratitude

Thanksgiving Season is a time to express gratitude for the good things of life. In this article "neuroscientists have discovered that gratitude stimulates the release of dopamine and serotonin, the 'feel-good' neurotransmitters."

Here are some ways to practice gratitude.

Fitness Center orientations are available at the Bay Club. Sign up at the front desk or call 360-437-0367.