

## How to keep fit in Spain

When you retire to Spain it is usual to look for a pastime which will help you keep fit

Golf is one popular choice – the trouble is that all the good work strolling around for some hours is undone by the need to consume a couple of beers when returning to the club house.

Cycling involves breathing car fumes, tennis or padel inevitably cause back problems.

It is quite clear that bridge is the best game to stay healthy, both physically and mentally. It is well established that the mental effort helps prevent “senior” moments – as verified by .....????? (sorry I forgot what I was going to write). The exercise provided by walking around the tables will help physical fitness and, **if you play at JBC**, you can finish the session with a carefully chosen vino tinto - chosen for its anti-oxidants.

If that is not enough to convince you then I will add that our sessions finish at just the right time for you to go off and enjoy the benefits of a Mediterranean Diet at a local restaurant.

Come and enjoy bridge at JBC and stay healthy.