

## New Year Special: Bring A Friend

In this time of new beginnings, we are inviting you to introduce a friend to exercise and The Fontana Center. Throughout the month of January, you will be able to Bring a Friend to use the facility, FREE of charge! Bring the same friend everyday, or bring a new friend each time.

For a continued benefit, if your friend decides to become a member of The Fontana Center, we will offer them \$10 off of the evaluation fee and YOU will received \$10 off of your bill in the month of February!



### Water Exercise...

The hydrostatic properties of water allow less stress to be placed on the joints, increased range of motion, increased muscular strength, and improvements in cardiovascular fitness. When submerged to neck level, nearly 90% of your body weight is supported by the water therefore allowing ease of movement on joints that are otherwise compromised on land. This makes water exercise an excellent choice for individuals suffering from arthritis, fibromyalgia, spinal issues, joint & soft tissue injury, obesity along with many other conditions that do not tolerate land based exercise.

As good as water can be for those with reduced exercise tolerance, it can also be just as effective for those who are highly trained and conditioned. Water provides 12-times more resistance than that of air, so movement through the water will require more force which in turn increases muscular strength. Whether you fit into the category of beginner or advanced, water can be an excellent choice for your exercise needs.

We invite you to join us for water aerobics, lap swimming or just general water exercise. Monica and Joshua are available to give you guidance on exercises that might be most beneficial for your specific needs. You can find a full schedule of classes @ [www.fontanacenter.com](http://www.fontanacenter.com) or pick up a copy at the front desk.



# In The Center

JANUARY / FEBRUARY 2019

## The Buddy System

As the New Year rolls in, many people will be looking for new beginnings and a fresh start on their health and well-being. Although many will start, most will not follow through with a plan to make a healthier lifestyle a priority. In order to reach a goal of improving health, one must be mentally as well as physically prepared. Accountability has also proven to increase the success rate of achieving goals.

How can one establish accountability? Planning & prepping, keeping a journal, finding a partner, tracking progress, and/or rewarding yourself for reaching milestones can keep you on track to reaching your ultimate goal. If you have set a specific health and fitness goal, hiring a personal trainer may be a wise decision.

Why hire a personal trainer?

- Accountability...appointments will be scheduled and follow-ups will be done
- Education...they will educate you on the what, when, why and how
- Goal Setting...a trainer will help to set realistic goals and programs
- Uniqueness...the trainer will work with your individuality taking into consideration likes, skills and abilities
- Mental Health...not only will you feel the physical benefits but training can help to improve mental clarity

The Fontana Center is happy to be able to offer you a highly qualified and educated personal trainer, Joshua Guillory. If you or someone you know is interested, feel free to set up a meeting with Joshua to discuss your workout and package rate options. You can reach Joshua @ 337-234-7018 or [joshua@fontanacenter.com](mailto:joshua@fontanacenter.com)



### SPECIAL POINTS OF INTEREST:

- Find a Buddy
- Recipe Revise
- Healthy You
- Specials & Promotions

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## Fontana's Favorite Eats

In this issue of Favorite Eats we are offering a quick and easy, lighter meal option. With the new year upon us, healthy and lighter eating is on the mind. This recipe will fulfill that plus its quick and easy!

# Fresh Burrito Bowl

### Ingredients

- 1/4 cup black beans
- 1 teaspoon chicken broth
- Pinch of cumin, cayenne pepper, & garlic powder
- 1/2 cup shredded red or green cabbage
- 3 oz precooked chicken breast
- 2 TBSP nonfat Greek yogurt
- 2 TBSP salsa
- Cilantro & green onions for garnish

### Nutritional Info:

Calories...350 (1.5 cup serving)  
 Total Fat...3.8 grams  
 Sodium.....240 mg  
 Carbs.....36 grams  
 Proteins....42.6 grams

### Directions

1. Wash hands well
2. Microwave black beans with chicken broth, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside
3. Add red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yogurt, salsa, and cilantro and green onions, and enjoy

### Recipe Variations

- Sub 99% lean ground turkey for chicken
- Replace cabbage with cauliflower rice or brown rice
- Add corn, jalapenos, shredded cheese, or avocado for an added bonus

# 2019

## Healthy You

# Relaxation Know How

For most individuals, getting more active, making better food choices and reducing stress are at the top of the health "To Do" list. Tackling this "To Do" list can get complicated when trying to juggle work, children, and other extracurricular activities. Without a balance, life can spiral out of control and cause both mental and physical stress and health issues. Although it seems unattainable at times, we MUST fit some form of relaxation into our life routine. This can mean daily for some or weekly for others, but either way taking "Me Time" is critical.

Did you know that during times of relaxation and recovery are when our body is repairing from the days traumas and activities? Dr. Herbert Benson coined the phrase **Relaxation Response** and is defined as "the personal ability to encourage your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain." It is basically the polar opposite of the fight-or-flight response.

There are many ways to illicit the **Relaxation Response**, some of which are: visualization, progressive muscle relaxation, energy healing, acupuncture, breathing techniques, prayer, meditation, tai chi, qi gong, Yoga and massage.

Since the **Relaxation Response** is not a natural reactive response, it will take a conscious effort to reach this state. Finding a technique that comes most naturally to you is key.

If you are interested in trying stretching, Yoga or Tai Chi please pick up a schedule of our classes as each of these is included in your membership. If massage is of interest, we can help with that also. Jeannie Chastant, LMT is available for 30, 60 and 90 minute massage appointments. Stop by the front desk for pricing & scheduling information.



**Jeannie Chastant** has been a licensed massage therapist since 1999 and providing her services at The Fontana Center since 2001. Jeannie specializes in therapeutic, deep tissue and Swedish massage and can target areas of stress and discomfort. Schedule your 'me time' appointment today!

NOTE TO SELF:  
**relax**