



We are happy to announce that our Coffee Talk series we will be getting back on track! This month we will be welcoming Dr. James Kyle from Louisiana Orthopedic Specialists. Dr. Kyle specializes in hip and knee replacements and revisions.

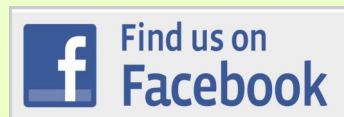
Dr. Kyle will be here on **Friday, March 22nd @ 1pm** - we know this is a topic that will be of interest to many of you, so please try to attend.



### Social Media...

Want to keep up with the latest information and happenings in the facility? Want to learn more about the services we have to offer? Want to find out interesting facts about some of our current members? Then we invite you to "Like" our FaceBook page and follow us on Instagram at @fontanacenter. On our social media outlets, we will be sharing fitness and nutrition tips along with spotlighting members we feel have been inspiring to us and others.

If you see something you like, feel free to share the posts far and wide. You sharing our posts helps us to get the word out about our facility to those who may be looking for help with health and fitness needs.



# In The Center

MARCH / APRIL 2019

## Myth Busters

My muscle has turned to fat, strength training will make me bulky, doing abdominal exercises will give me a 'six pack'...have you heard any of these statements and believe they are true?? We are here to assure you that these are some of the most common myths overheard in the realm of exercise and fitness. Now, let us give you the facts:

### Myth One—Muscle Turns to Fat

- In fact this is not true! If you stop exercising, muscle fibers will reduce in size (atrophy) but will not convert to fat tissue. Think of this...muscle is like a steak and fat like butter, will a steak ever become a block of butter?

### Myth Two—Resistance Training causes Bulky Muscles (in Women)

- Although the emphasis of resistance training is to increase muscular strength and endurance, this does not equal 'bulky' muscles. Due to hormonal factors (mainly testosterone), females will not see the same rate of muscle hypertrophy as males.

### Myth Three—Doing Abdominal Exercises will result in "Six Pack" abs

- Abdominal or core strengthening exercises are an important part of an overall strength training program, but don't expect to reveal your 'six pack' just by doing these types of exercises. Although you are making great strides in strengthening the core stabilizing muscles, you must do a combination of exercises (including cardio) that will help to reduce body composition. Once you start to reduce your fat storage and increase lean tissue, the fruits of your labor will start to reveal itself, more definition in the midsection.

Remember not to believe everything you hear or take advice from non-professionals. If you are unsure and need factual answers, speak with one of our Exercise Physiologists for clarification.

### SPECIAL POINTS OF INTEREST:

- Exercise Myths
- Recipe Revise
- Healthy Planet
- Coffee Talk

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## Fontana's Favorite Eats

In this issue of Favorite Eats we are offering a creative use for cauliflower! Cauliflower is becoming the new alternative to things like bread and potatoes and this recipe will turn a classic into something new.

Find other recipes like this one @ [www.delish.com](http://www.delish.com)

# Cauliflower Grilled Cheese

### Ingredients

- 1 head of cauliflower (4 cups processed)
- 2 eggs, lightly beaten
- 1/2 c finely grated parmesan cheese
- 1/2 tsp oregano
- 1 1/2 c shredded white cheddar cheese
- Salt & Pepper to taste

### Directions

1. Wash hands well
2. Cut cauliflower into florets, place in food processor and process until rice like
3. In a medium bowl, mix cauliflower, eggs, parmesan and oregano; add salt & pepper
4. Spray a large skillet with cooking spray & heat
5. Place two scoops of mixture in pan, one of each side, and press down to for the 'bread'
6. Cook for ~ 5mins on one side then flip and cook an additional 3 mins on opposite side
7. Top one slice with the cheese, then place second slice on top. Cook an additional 1-2 mins per side or until cheese is melted

### Nutritional Info:

4 servings (2 slices each)

Calories...218

Total Fat...9 grams

Carbs.....23 grams

Proteins....11 grams

Sodium.....507 mg

## Healthy Planet

# Reduce & Recycle

Since the mass production of practical, everyday use plastics started in the 1950's, there has been 9.1 billion tons produced. This type of plastic comes in many forms such as grocery bags, bottles & containers and package wrapping (which accounts for 40% of plastic usage) - most of these serving a one time use. Although these items have provided many conveniences to our fast-paced life style, they have also wreaked havoc on landfills. Nearly 90% of all plastic used in the United States does not get recycled.

So, how can you be a part of the solution to this low recycle rate? The first step is to find out which plastic items can be recycled and where. One easy location is in store drop-off - look for How2Recycle bins in stores like Walmart, Target and Lowes. These bins are for items such as grocery, produce, newspaper, zipper top and cereal bags; plastic wrap around drink packs, paper towels and diapers; plastic pouches for dishwasher and laundry soap; and packaging air pillows. What is not welcome in the bins: biodegradable or compostable bags, pre-washed salad bags, candy wrappers and most pet food bags.

If in doubt, look for the How2Recycle label on packaging or log onto [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org) for more details and drop-off locations.

Another suggestion is to simply cut down on the amount of plastic items you are using. Purchase a water filter and refill a reusable water bottle and use fabric grocery bags.

### Did You Know:

- More than one MILLION 'grocery' bags are used each minute
- Over 53 BILLION plastic water bottles were sold in 2017
- One standard water pitcher with filter makes 40 gallons of water before needing to be replaced, this reduces the use of over 300 water bottles



*Here at the Fontana Center, you can find bins for your plastic bottles and containers located throughout the facility!*