

In The Center

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January / February 2006
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Now Hear This!

New Year . . . New You!

Another year has come and gone! It is now time to ring in the new year with a new outlook. Forget new year's resolutions and think lifestyle modification and attitude change. The fact is, 80% of resolutions fail after one month. That is why we suggest modifying small things in your life that can make a big difference. In order to keep yourself in the right frame of mind:

- * **Start with small changes**
- * **Set short term / realistic goals**
- * **Have a plan**
- * **Pat yourself on the back**
- * **Talk to friends and family**

Most importantly, make lifestyle modifications for yourself. Set your mind to positive thinking and resolve to change.

Cover-Up

Just a friendly reminder to bring your cover-up and towel when taking part in water activities.

As always, the water temperature will remain a constant 86-88°. If you are feeling a draft please ask your instructor or a staff member to adjust the vent covers accordingly.

Changes for the New Year

As many of you may already know, Angie Hebert is no longer with the Fontana Center. We will be making a few changes in the fitness department to help accommodate for this loss.

Jessica Keltner will take on the aerobic classes that were taught by Angie. You may already know Jessica as she is a physical therapy tech and also teaches land and water classes here.

_____ We will be hiring a new fitness person to assist with evening fitness evaluations, and he/she will be available for those of you who may need updates to your program.

Any other fitness concerns and/or questions can be directed to Monica Guidry or Malana Mouton - Office Manager. All fitness billing questions will be handled by Amy Dwyer.

Please feel free to voice your thoughts on any of the changes as we want to continue to serve your needs to the best of our ability.

**HERE'S TO
A GREAT YEAR!**

Class Schedule Update

Effective January 1, 2006, changes will be made to the class schedule. To view a full listing of classes, please refer to the attached schedule by logging on to www.fontanacenter.com .

Tiny Taste . . . Big Calories

Do not want to toss that last bit of juice or granola? You will just have a sliver of cake and a couple of mints? These little bits add up over a days time. Here is a listing of calories in some of the "little bits" we may have throughout the day.

- * 1/4 cup orange juice - 26 calories
- * Two tablespoons of granola - 64 calories
- * Two slivers of cake - 73 calories
- * Two mints - 20 calories
- * Two teaspoons of powdered coffee creamer - 20 calories
- * Two tablespoons mac and cheese - 55 calories
- * A handful of snack mix - 105 calories
- * Small piece of chocolate candy - 25 calories

These extra bits over a days time would have added an extra 380 calories to your daily intake. If you are not changing your diet or exercising to burn off these extra calories, you can increase your body weight by one pound in as little as ten days (one pound of fat = 3500 calories).

Resolving not to take samples or eat "just a handful" is a simple, easy way to modify calorie intake when going on a diet. Being aware of the extras may also be the key to losing the mystery pounds.

Cold and Flu Time

Have you been struck by the cold or flu bug and never know exactly what to do to help it along? Before deciding on a remedy, you should first consider your symptoms. For a cold or cough you should decide if your cough is productive or not. If your cough is bringing up mucus, then it serves a purpose and it is best not to suppress this kind of cough. A dry cough is not productive and usually accompanies the first stage of a cold. If you want to treat your cough you may try an over-the-counter remedy.

Cough medications are divided into three basic categories: suppressants, expectorants, and combination types.

- * Suppressants - are the most common type and act on the cough center of the brain to suppress the cough. Some contain codeine and most have dextromethorphan
- * Expectorants - loosen mucus and turn a dry cough into a productive one. The primary active ingredient is guaifenesin.
- * Combination products - may combine a suppressant or expectorant with an antihistamine or decongestant

If you do choose to take one of these products, **A WORD OF CAUTION:** make sure to read all labels and consult the pharmacist, some over-the-counter medications can have **SERIOUS** interactions with prescription meds. And, consult a physician if a cough persists for longer than a week. Remember, generic products are as good as brand-names and cheaper. It's the ingredients not the name that count.

If you prefer home remedies, try this:

- * Increase fluid intake
- * Breathe in steam and keep room air humidified
- * Gargle with a mild salt solution
- * Rub on a camphor ointment (i.e. Vicks)
- * Suck on hard candy or chew sugarless gum

(Source: UC Berkeley Wellness Letter - January 2003)