

In The Center

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*January / February 2011
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Happy New Year!

We hope that your 2010 was a good one and as we look to 2011, we send our wishes for the most healthy and prosperous New Year for you and yours!

We will start the New Year by offering you a few suggestions on how to make wise lifestyle choices and changes. We all know that our health is important, but we often do not make ourselves or our health a top priority. So, we challenge you in 2011 to put yourself at the top of your "To Do List"!

How do you get to the top of the "List"? How do you manage yourself and your lifestyle? How do you become a more healthy individual? The answers are not always simple and the results not always easy to achieve. But, with focus, determination and a little assistance you can take steps towards a healthy you!

Have five minutes to spare, do any of these simple things and make the move towards a healthy you:

- ✓ do a skin and body check - scan for irregular or changing spots and/or moles
- ✓ know your numbers - check your blood pressure, blood sugar, cholesterol, body mass index

- ✓ take care of your teeth and gums - brush and floss regularly
- ✓ eat healthy - take a minute to actually think about what you are eating and the food choices you are making
- ✓ learn the signs and symptoms of heart attack and stroke
- ✓ disinfect surfaces - prevent the spread of bacteria and virus by keeping surfaces as germ free as possible
- ✓ keep a daily journal - relieve stress and achieve goals by writing down your thoughts, emotions and priorities
- ✓ stretch - basic stretching exercises can increase circulation and range of movement and help fight stiffness

Have more than five minutes to spare, try taking these bigger steps to a healthy you:

- ✓ be active - take a brisk walk around the block, take the kids to the park, ride a bike, take an aerobics class, play a sport, dance, be creative and do what you love
- ✓ plant a garden - having fresh fruit, veggies and herbs at home make it easier to add healthy selections to your menu
- ✓ visit your doctor - if you have not had a regular check-up, take the time to schedule and visit with your doctor
- ✓ cook a new meal - add a new healthy meal to the menu at home

Want to incorporate more exercise into your routine? The U.S. Department of Health and Human Services recommends moderate to intense cardiovascular activity 3-5 days a

week for a minimum of 150 total minutes weekly. The following is a more detailed look at the recommendations: (sources: www.mypyramid.gov and www.letsmove.gov)

The U.S. Department of Health and Human Services recommends the following physical activity guidelines for adults:

Participate in moderate-intensity cardio physical activity on 3-5 days for a minimum of 150 minutes each week

Or

Participate in vigorous-intensity cardio physical activity on 3-5 days for a minimum of 75 minutes each week

And

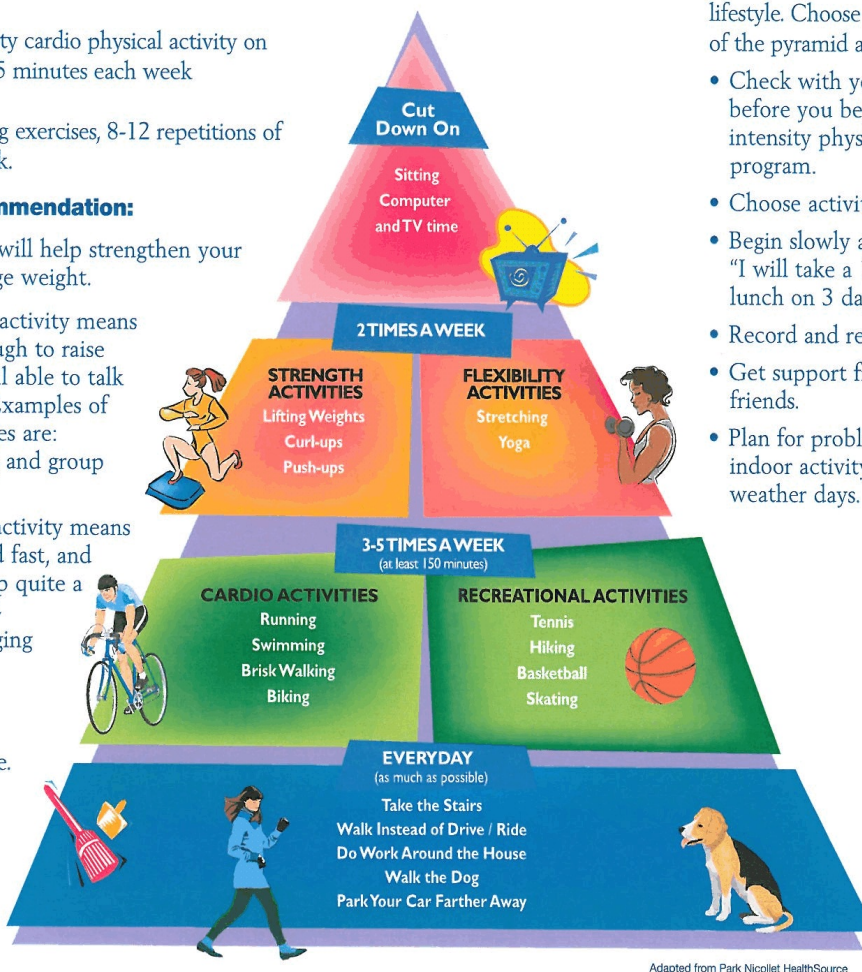
Perform 8-10 strength-training exercises, 8-12 repetitions of each exercise twice each week.

Understanding the recommendation:

- Cardio or aerobic activity will help strengthen your heart and lungs and manage weight.
- Moderate-intensity cardio activity means you are working hard enough to raise your heart rate, but are still able to talk while doing the activity. Examples of moderate-intensity activities are: walking, biking, swimming and group aerobics.
- Vigorous-intensity cardio activity means you are breathing hard and fast, and your heart rate has gone up quite a bit. Examples of vigorous-intensity activities are: jogging and swimming laps.
- Strength training helps to strengthen muscles and maintain lean muscle tissue. Examples of strength training activities are: lifting weights, using resistance bands, curl-ups and push-ups.

The activity pyramid is a guide that adults may use to plan for an active lifestyle. Choose activities from all levels of the pyramid and consider these tips:

- Check with your health care provider before you begin a moderate-intensity physical activity program.
- Choose activities that you will enjoy.
- Begin slowly and set a realistic goal – “I will take a 10 minute walk during lunch on 3 days each week.”
- Record and reward your progress.
- Get support from family and friends.
- Plan for problems – have an indoor activity plan for bad weather days.



Adapted from Park Nicollet HealthSource

If you are interested in setting up a more detailed workout based on your own personal needs, please see Monica or Christina. We have personal training packages available for those of you looking for one-on-one workout sessions.

We are also offering group training sessions, so if you have a friend interested, we can accommodate those needs as well. Let us help you get on top of your “To Do” list in 2011!