

# In The Center

CWR @ The Fontana Center  
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July/August 2008  
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## Now Hear This!

### **July 4<sup>th</sup> Fitness Hours**

Friday, July 4<sup>th</sup> 5am - Noon (no classes)



### **Class Schedule Update**

We have made changes to the schedule of aerobics classes. The Saturday, 9am Pump & Power class will return effective Saturday, July 19<sup>th</sup>! Yoga is still being offered every second Saturday of the month at 8:45am in place of the Pump & Power.

We are also considering a Gym Training Class. This class would give instruction on proper use of the gym equipment. If you think you might be interested in participating in the class or would like a private training session, please contact Monica Guidry or Tina Hebert (aerobics instructor) or leave us a note in the suggestion box.

Please refer to the attached schedule or log on to [www.fontanacenter.com](http://www.fontanacenter.com) for a complete listing of classes.

### **Hold/Cancellation Policy**

We would like to take a minute to remind you of our Hold/Cancellation policy. We do allow accounts to be put "on hold" or "frozen" for calendar months with no fee assessed. You are allowed two calendar months in the year to place your account on hold, these months can be consecutive if needed. If you would like to put your account on hold, we will need to be notified, in writing, prior to the first of the month in order for the hold to take place. If we are not notified prior to the first of the month, you will be expected to pay that particular month's fee.

If you should need to cancel your membership, please make sure to notify us, in writing, prior to the first of the month. Again, if we are notified after the first, you will be expected to pay that particular month's fee. Remember, there will be a \$25 cancellation fee assessed at termination of membership.

### **August Specials**

Throughout the month of August, we will be offering half-off all fitness evaluations (\$65 fee/person). We will also be offering existing members \$20 off the monthly membership fee for referring a new member!



## **Understanding MRSA**

Methicillin-resistant staphylococcus aureus (MRSA) or the "super bug" is a bacterium that causes infections in different parts of the body. It is tougher to treat than most staph strains because it is resistant to commonly used antibiotics.

Normal strains of staph commonly live on our bodies, in fact, 25-30% of us have staph bacteria in our noses. This does not pose a problem unless the staph manages to get into the body. If it does manage to enter the body, often through cuts or open wounds, it can cause an infection. Staph can usually be treated with antibiotics but over the years some strains have become resistant. The MRSA strain, discovered in 1961, has done just that.

MRSA is most commonly spread by contact with someone or something. Infections are most common in people with weakened immune systems who live in hospitals or nursing facilities. The rate of infections in hospitals, especially ICU's, is on the rise. The MRSA bacteria is the cause of nearly 40-50% of staph infections in hospitals. This does not mean that only hospital bound people are at risk. The Center for Disease Control (CDC) states that 12% of the people with MRSA do not or have not lived in a hospital setting, this is being called Community-Associated MRSA (CA-MRSA).

Some symptoms of staph are: skin infections (boils or abscesses); swollen, red, painful, pus-filled wound or incision sites. Staph can also infect the lungs, urinary tract and bloodstream. Lab testing will determine if you have the MRSA bacteria. Even though MRSA is classified as antibiotic resistant, there are some medications that will still work. If you are prescribed antibiotics, it is



very important that you take the medication as prescribed. Do not discontinue the medications just because symptoms have subsided, the strongest of the staph bacteria may survive and cause re-infection.

There are some steps you can take to help protect yourself from MRSA.

- wash your hands thoroughly with soap and water or use an alcohol based hand sanitizer
- cover cuts and scrapes with a clean bandage
- do not touch another persons bandage or wound
- do not share personal items like razors or towels
- wipe down shared equipment prior to use
- use a drier to dry clothes instead of allowing them to air dry - the heat from the drier helps to kill bacteria

As always, if you suspect that you have staph or the MRSA bacteria consult with your physician for proper testing and treatment.

## **Sunscreen Basics**

Follow these basic tips to help get the most out of your sunscreen:

- use a broad-spectrum product with a minimal SPF 15 and that contains avobenzone, titanium dioxide or zinc dioxide - assures that you are protected against both UVA & UVB rays
- apply at least 30 minutes prior to sun exposure
- apply liberally and cover all areas exposed to the sun
- re-apply at least every two hours or after swimming or excessive sweating
- use a low SPF protection on a daily basis

