

In The Center

CWR @ The Fontana Center
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Now Hear This!



Entry and Exit

In an effort to maintain the safety of our staff and clients, fitness member entry is **ONLY** allowed through the main entrance located in the front of the facility. Each member **MUST** scan their membership card on every visit. The lobby doors will remain locked until the card is scanned or the receptionist has logged your entry. When exiting the facility, you **MUST** use the same front entrance!

The back red pool doors, side glass patio doors and the gym double doors are for **EMERGENCY EXIT ONLY**. The alarm will sound each time these doors are opened.

The back pool doors will not remain open as we will be making other accommodations to increase air flow in the pool area during the summer months.

Billing Reminder

As you may or may not know, we offer automatic account drafting for your fitness monthly billing. This is a convenient way for our billing department to draft funds directly from your checking account. We encourage you to give this method a try! If you are interested, stop by the front desk to fill out the needed paperwork.

We are also asking you to provide the billing department with your emailing information. We will be using email to send notices and confirmation letters and not for junk or spam mail. Fill in the information below and turn it into the front desk at your earliest convenience.

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Name/Account Number:

Email Address:

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Keeping Track...Making Progress??

As we begin month three of 2009, we are asking...Are you still on track to a healthier new you? If the answer is no, here are a few tips to keep motivated and on track to a better way of life. If the answer is yes, congratulations, these tips will also help to keep you moving in the right direction.

Dallas based experts recommend following the word **MODERATION** to turn resolutions into a lifestyle.



- M** - make realistic goals/promises. Don't set yourself up for failure
- O** - opt for fiber, start with 5 extra grams per day
- D** - ditch sodas. You could lose up to 15 pounds in one year just by cutting out one soda per day
- E** - eat well, perfect eating isn't necessary
- R** - remember who you are making changes for, only if you are doing it for yourself will it stick
- A** - add the good stuff a little at a time. Start with small amounts of exercise and gradually increase
- T** - take the time. You didn't get out of shape overnight so you should not expect to get to better health overnight
- I** - incentives help. Don't be afraid to reward yourself on a job well done
- O** - overcome the odds. Stick with your choices and work toward your goal piece by piece
- N** - nice and slow. Be persistent and work at a slow, steady pace

If you cannot seem to keep yourself on track or motivated, you may want to consider a personal trainer. A trainer will set up appointments and hold you accountable for those visits. They will also help you to reach your individual goals and design the workout based on those goals. The Fontana Center does offer personal training with certified personal trainer John Rhinehart. If you are interested in signing up or getting more information, please speak with Monica.____

No Sleep = No Weight Loss

Did you know that sleep is one of your best tools for losing weight! The fact is that people who are sleep deprived are more likely to be overweight than those who are well

rested. In a study done at Columbia University/St. Luke's Hospital in New York City, sleep habits of 18,000 adults between the ages of 32-59 were analyzed. The results, those who only got four hours of sleep each night were 73% more likely to be obese than those who rested between eight and nine hours each night. Those who slept five hours were 50% more likely to be obese and those who slept six were 23% more likely to be obese than those who got the recommended eight to nine hours each night.

Researchers say the link between the two is the hormone leptin. Leptin is a hormone that is thought to suppress appetite. The production of this hormone peaks at night when you are asleep, therefore, when you are sleep deprived your body decreases its production of leptin. In turn, this causes a greater appetite and more chance for overeating during the hours that you are awake. If you are having trouble getting the recommended eight to nine hours of sleep, these ideas may help you to get a little more shut eye.

- eat only very lightly prior to bedtime
- watch your alcohol and caffeine intake
- get a minimum of three hours of exercise each week
- make sure your bedroom is restful
- monitor your medication
- maintain a regular sleep schedule
- try natural sleep-promoting tactics (i.e. noise machine, warm bath, etc)
- maintain a healthy weight

If you continue to have problems with sleeping habits, you may want to consider talking to your doctor, there may be other underlying causes. Sweet dreams!_____

