

In The Center

The Fontana Center
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March / April 2006
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Now Hear This!

Class Schedule Update

Effective March 1st several changes will be made to the schedule of classes. We will be adding classes as well as changing times and instructors. Please refer to the attached schedule or log on to www.fontanacenter.com for a full view of the classes. Class additions include:

- ✿ Monday 5:30pm Cardio & Abs
- ✿ Tuesday 3:30pm Cardio & Ball
- ✿ Thursday 10:10am Stretch/Relaxation
- ✿ Friday 4:30pm PowerWaves



Fontana Center is inviting you to invite your friends/family to our Open House on Thursday, March 23rd. On this day, everyone is welcome to come in for a tour, try a class, and enjoy a few healthy snacks. All free of charge!

For the month of April 2006, we will offer all new members a discount on the fitness evaluation fee. For this month only, all new members will get half off the evaluation fee (\$65).



We will also be having Bring-A-Friend Day. On Monday, April 3rd and Thursday, April 20th, you can bring your friend(s) to exercise for the day. This is free for both you and your friend(s). We hope you use this day to share the facility with others.

Thank You

The staff of the Fontana Center would like to thank Dr. Brent Prather and his singing quartet for the Valentine's Day performance. It is always a joy to hear the beautiful singing and see the wonderful smiles. Thanks Dr. Prather!



Good Friday Fitness Hours

Friday, April 14 th	5am - Noon
Saturday, April 15 th	7am - 3pm

Check Postings for Class Schedule!

Sunday, April 16th
Happy Easter!



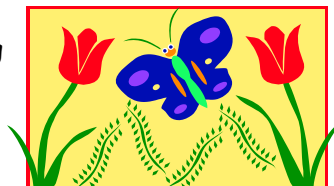
Spring is in the Air

Spring blooms and flowers are always a welcomed site for the eyes, but not always for the nose. Allergic rhinitis or hayfever is one of the most common conditions of the spring allergy season.

Hayfever is triggered by allergens (substances that initiate an allergic response, i.e. pollen or mold). The major spring allergens are trees (oak, elm, birch, cypress) and grasses (Bermuda, red top, sweet vernal). These allergens have small, dry pollens that are easily carried by wind. When the pollens are inhaled, they combine with allergic antibody causing the body to release histamines. The histamine release causes inflammation in the nose and airways which lead to itchy eyes, sneezing, nasal congestion, runny nose, drowsiness, headaches. These symptoms are not only irritating, but can lead to more serious conditions if not treated.

Untreated allergies can lead to chronic conditions such as asthma. If you suffer from seasonal allergies, you may consider seeing an allergist. They can determine what specific allergens trigger you symptoms and help you to develop a management plan. An important part on management is avoidance. Follow these tips to help lessen your exposure to seasonal allergens:

- * Keep windows closed at night
- * Use air conditioning and dehumidifier to keep air clean, cool, and dry
- * Keep car windows closed when traveling
- * Minimize outdoor activities when pollen and humidity counts are high
- * Use paper mask when mowing or raking the lawn
- * Avoid hanging laundry out to dry
- * Change clothes and shower after spending time outdoors



* Take medications as prescribed _____
To Stretch or Not To Stretch

Stretching has often been a controversial topic in the exercise arena. Should you stretch, when to stretch, how long, what type. Most experts have come to a consensus that stretching is an important part of a workout routine.

What are the benefits of stretching? Stretching can help relieve muscle tightness, keep muscles/joints flexible, lengthen muscles & increase range of motion, flush lactic acid helping to prevent muscle soreness.

When should you do stretching exercises? The stretching part of your exercise routine should be included after the muscles are warm. This can be after a proper warm-up (5-10 minutes of low level exercise will increase blood flow and oxygen supply to the muscle preparing them for activity) or at the end of your workout. It is more likely that you will sustain an injury from stretching if your muscles are not warm.

What type of stretching should you include? A good general rule is to do slow, static (no bouncing) stretching and ease into your program. Hold each stretch for 15-30 seconds at the point of stretch, not pain. Focus on breathing & relaxing assuring never to hold your breath.

Perform stretches a minimal of two days per week, but stretching exercise can be done on a daily basis. When stretching, most importantly

listen to your body! If you need assistance with stretching exercises, please speak with Monica or Nikki.

