

# In The Center

The Fontana Center  
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March / April 2007  
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## Now Hear This!

### **Spring Specials**

For the month of March, we will offer all new members a discount on the fitness evaluation fee. Everyone joining in the month will receive **half off on fitness evaluations (\$65 / person)**.

Already a member, please bring your friend(s) to our **Bring-A-Friend Day**. On Tuesday, March 13<sup>th</sup> and Wednesday, March 21<sup>st</sup> bring someone to exercise for the day - **FREE of charge!**

Also, for existing members, we will have a **weekly prize drawing**. Fill out a drawing slip each time you come in to exercise (one per day please) and place it in the box in the lobby area. At the end of each week, we will draw a single winner who will receive **\$20 off the monthly membership fee or a Fontana Center T-Shirt**.



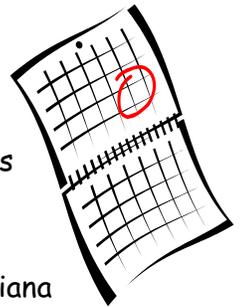
### **Good Friday Fitness Hours**

Friday, April 6<sup>th</sup>                      5am - Noon  
Saturday, April 7<sup>th</sup>                    7am - 3pm

### **Community News**

Mark your calendars for these events taking place in the community:

- ✓ **Zoolebrate 2007** - be a supporter of the Zoo of Acadiana on March 10<sup>th</sup> from 7:00 - 10:00pm. For more information log on to [www.ZooOfAcadiana.org](http://www.ZooOfAcadiana.org)
- ✓ **Lafayette High School Band** - support the LHS Band by patronizing **Firestone Complete Auto Care @ 4505 Johnston St.** Firestone will donate 10% of any sale, throughout the school year, to the LHS Band program when you mention that you are a supporter.



### **You Lost...We Found**

Remember to check the lost and found in the shower lobby area for items that you cannot locate. For more valuable items, stop by the front desk. We also have several sets of car keys, so please check to assure you are not missing a set.

*May your pockets be heavy and your heart be light.  
May good luck pursue you each morning and  
night.*

*Irish Proverbs*



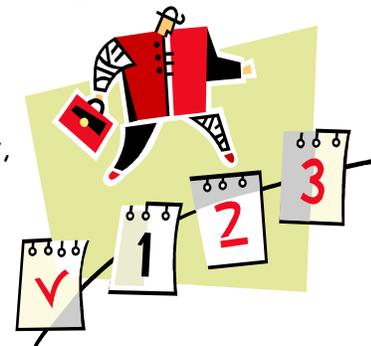
### **Exercise...Even with Arthritis**

We all know that exercise benefits many aspects of our day to day lives. But when stricken with arthritis pain, you may feel like exercise is the last thing you should do. The American Council on Exercise (ACE) has given recommendations on why you should exercise even if you suffer from arthritis.

- ✓ **Flexibility** - flexibility training helps to increase joint range of motion and reduce stiffness
- ✓ **Walking** - along with other low-impact cardiovascular exercise improves overall fitness level
- ✓ **Strengthening** - stronger muscles make it easier to accomplish day to day activities and when daily activities are easier you are likely to move more
- ✓ **Weight bearing exercises** - walking and light resistance training, etc., increase bone mass which will reduce your risk of osteoporosis
- ✓ **Balance** - arthritis tends to rob people of coordination, balance and posture while exercise helps to improve these areas
- ✓ **Weight** - excess weight considerably increases stress on the joints, a good overall exercise program combined with healthy eating can help to drop the extra pounds
- ✓ **Stress** - stress can worsen the symptoms of arthritis and exercise helps to reduce the symptoms of stress
- ✓ **Depression** - arthritis is known to cause depression and those who exercise regularly suffer with less symptoms of depression
- ✓ **Sedentary lifestyle** - arthritis often contributes to a inactive lifestyle which in turn contributes to heart disease and diabetes

### **Motivation and Progress**

Feeling a little down about your workout? Not progressing the way you hoped you would? Lost your motivation? Remember being fit is not only about your workout but your lifestyle as well. We all need a balance between mind, body, and spirit. Think about what challenges and inspires you. How much harder can you push yourself in your workout and your life? Take few minutes to read through the following questions - this may get you back on track!



- ✓ What do you believe perfectly fit means?
- ✓ Do you have any fitness role models? If so, what do you admire about them?
- ✓ What are three habits you can incorporate to make staying fit easier?
- ✓ What are three things you can change in your daily life that would help you to reach your goals?

### **Mind Games**

Mental exercise should be a regular component of your daily exercise routine. Exercising the mind causes the brain to make new nerve connections and may help to protect against Alzheimer's disease and memory loss. Give your brain a workout by trying these few exercises:

- ✓ card games, crossword puzzles and other games that use new ways of problem solving
- ✓ hobbies that require memorization like learning a new language
- ✓ use your non-dominant hand to make your brain work harder and build new memory pathway
- ✓ be open to new ideas and experiences

