

In The Center

*CWR @ The Fontana Center
709 Kaliste Saloom Rd.
Cafayette, CA 70508*

*May / June 2009
PH: 337-234-7018
Fax: 337-234-3347
www.fontanacenter.com*

Now Hear This!

Spotlight on Members

Recently, four Fontana Center members participated in the Senior Olympics in Lake Charles, LA. On Friday, March 27, 2009 these members participated in a variety of swimming events. All of the four came out with gold medal winning performances. The members include (L-R):



- Nezzie Lancaster - 4 Gold Medals
- Tommy Benoit - 5 Gold Medals
- Bill Scammell - 7 Gold Medals
- Betty Hebert - 7 Gold Medals

The members did not participate against one another as the events are group based on age.

These members are dedicated to keeping themselves healthy, having fun and a little friendly competition. You can find any one of these swimmers in the pool three to five days per week in the very early morning hours. Congratulations on a job well done!

Motivation / Inspiration

We would like to introduce you to one of our fitness members, **Shasa Perez**. Shasa initially came to the Fontana Center as a physical therapy patient back in August 2008 and in December 2008 graduated to a fitness program. In September 2008, Shasa had the medical weight loss gastric by-pass surgery, but the weight loss is only a small portion of her motivating story.

When she began her exercise program, Shasa was only able to do a small amount of walking in the pool and was not able to exit the pool without assistance. She came in twice a week and would have to head home and rest before her day could continue. As of now, Shasa is swimming anywhere from 9-12 laps on a daily basis, can exit the pool on her own and does not require a nap afterwards! She has graduated from walker to cane to no assistance walking at home.

But, it doesn't stop there. Shasa has gone from only preparing sandwiches and eating cold meals to cooking and setting the table. She is able to sit on any piece



of furniture in her home without the fear of never getting up, she no longer needs handicap bars in the bathroom, she can now rub lotion on her feet, water her plants and do her own shopping.

Another of the "amazing improvements", as Shasa says, is that she is able to travel. Prior to the surgery and exercise program, she would have to stop on the short trip between Lafayette and Opelousas due to numbness in her legs. When she visited friends in the Dallas/Ft. Worth area she was guaranteed to stop a minimum of ten times. On her most recent trip to the Dallas area her stops were cut down from ten to three! She says "the numbness just didn't happen".

Sure she is losing weight along the way but there are many other important signs of improvement. If you wanna catch Shasa here at the facility, you will have to get moving early as she visits us each day at 5am.

We hope that her story encourages you to get back on track and realize that your health is up to you. And that it takes hard work and dedication to reach your goals but it will be worth it in the end. Congratulations Shasa on a job well done, we wish you continued success and we are glad to be part of your new healthy lifestyle!

Summer Swim Lessons

Yes, it is time again for summer group swim lessons! This year the schedule is as follows:

- June 1-11: 8am, 12pm, 1pm, 6:30pm
- June 15-25: 8am, 12pm, 1pm, 6:30pm
- July 6-16: 12pm, 10m, 6:30pm
- July 20-30: 12pm, 1pm, 6:30pm

Lessons are held Monday - Thursday for two weeks and are 45 minutes in length. In order to register for group lessons, children must be

at least three years of age and completely potty trained. Group lessons have a student to teacher ratio of 5:1. Spacing for group lessons is limited and filling fast, so, if you are interested in registering please speak to Monica or Christina as soon as possible.

If you are interested in more one on one training, we do offer private sessions. These lessons are available for children three and up all the way through adults.

Drum Time!

Want to have some real fun getting a cardio and toning workout?? Then you need to try out our newest aerobics class -

Drumming!

Drumming! is a mix of cardiovascular and toning exercises done to upbeat music all

while using drumsticks and banging drums. Yes, drumsticks and drums! The drums that we speak of are the large exercise balls that are placed on stands and the drumsticks are real wooden sticks.

The class does a variety of drumming sequences along with basic low impact aerobic moves that are sure to get you in the rhythm and into your target heart rate zone. Come join us for change of pace and to have some fun. No drumming experience needed!

The classes will be added to our regular aerobics schedule effective June 2009. The classes will be offered periodically throughout each month, so make sure to pick up a copy of the schedule to ensure you don't miss out on the experience.

