

# In The Center

The Fontana Center  
709 Kaliste Saloom Rd.  
Cafayette, CA 90508

May / June 2007  
PH: 337-234-7018  
Fax: 337-234-3347  
[www.fontanacenter.com](http://www.fontanacenter.com)

## Now Hear This!

### **Summer Swim Lessons**

It is time again to think about group swim lessons. The Fontana Center will be offering group lessons beginning May 21<sup>st</sup> and will continue in two week sessions through August 2<sup>nd</sup>. Children must be three years of age and completely potty trained in order to sign-up for lessons.

Registration is going on now and class size is limited. If you or someone you know is interested in registering or getting more information on group or private lessons, contact Monica or Brandy at 234-7018.



### **Session Dates & Times:**

Dates	Times*
June 4-14	8:00am
June 18-28	1:00pm
July 9-19	2:00pm
July 23-Aug. 2	6:30pm

\*All times are available for each session!  
**We will offer an additional session from May 21-31 but this session will only be offered at 6:30pm!**

### **Pool Reminders**

With more activity in the pool area at this time of year, we would like to take the time to remind you of a few basic rules.

- **Always** wear dry footwear when traveling to and from the pool area - no wet aqua shoes
- Bring a towel into the pool area and **dry off** prior to entering the hallway
- **Always** wear a cover-up (towel, robe, shirt, etc.) when traveling to and from the pool area
- Be courteous to others in the pool area - remember lanes are large enough to share
- Return pool equipment to proper storage area
- Most importantly - enjoy the benefits of aquatic exercise

### **Franciscan Missions**

We are accepting donations of old watches to be sent to the Franciscan Missionaries. Yes, donating your old, outdated and even broken pocket/wrist watch or small clocks can make a difference for the missions. Donating these items can help to finance missionaries in over 800 missions throughout the world.

### **Healthy Weight = Proper Portions**

A key component to healthy weight loss and maintenance is to know proper portion sizes. Many Americans underestimate the number of calories they are consuming due to poor knowledge of portion sizes. The USDA can provide you with a listing of serving sizes for common foods. But, the problem with this listing is that we often do not recognize a three ounce serving or a "small" sized fruit or vegetable. Translating the serving size into a physical object may make servings easier to control. For example, a single serving of:

- fruits or veggies = size of your fist
- pasta = one ice cream scoop
- meat, fish, poultry = one deck of cards
- pretzels or chips = a cupped handful
- apples = size of a baseball
- potatoes = size of a computer mouse
- bagel = size of a hockey puck
- Pancake = one compact disc
- Steamed rice = a cupcake wrapper
- Cheese = a pair of dice or your whole thumb

If these suggestions do not help you to understand the sizes, try measuring a one cup or a two tablespoon serving and putting it on your plate. Doing this once, will allow you to see what the serving size looks like on the plate. Using this basic information is a good first step in helping to reach your weight loss goals.



"Help others get ahead. You will always stand taller with someone else on your shoulders."

- Bob Moawad -

### **Exercise & Breast Cancer Treatment**

Recent research performed in Glasgow, Scotland reports that "women can benefit from moderate exercise during early treatments for breast cancer". The research reports that moderate exercise may improve some areas of short & long-term quality of life. Both physical and psychological benefits lasted up to six months. Other benefits include significant improvements in social activities and mood. This study combined with the findings of other recent research indicates that "physical exercise should be included in breast cancer rehabilitation".

(Source: OT Practice - March 19, 2007)

### **Louisiana 2 Step**

Blue Cross and Blue Shield of Louisiana and Pennington Biomedical Research Center in Baton Rouge are asking all Louisiana residents to take two simple steps toward improving health - eating right and moving more. This public health campaign is labeled Louisiana 2 Step.

Louisiana is ranked number four in the nation in adult obesity. Unhealthy lifestyle choices have led to some of our state's worst health problems - diabetes, heart disease, and cancer. Blue Cross and Pennington are encouraging everyone to take an active approach to improving quality of life. By incorporating healthier eating and more activity, changes in overall health can be noted.

Logging onto [www.Louisiana2Step.com](http://www.Louisiana2Step.com) can give you the information needed to make the best choices for your 2 Step program!

