

# In The Center

The Fontana Center  
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November / December 2006  
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## Now Hear This!

### **Fitness Holiday Hours**

Thursday, Nov. 23      CLOSED!  
                                 Happy Thanksgiving  
Friday, Nov. 24      5am - Noon



### **Class Schedule Update**

Effective Nov. 1, 2006, changes will be made to the land aerobic schedule. We will begin offering a second Walk To It class. The **new class** will be held on **Thursdays at 10:10am** beginning Nov. 2<sup>nd</sup>. This means that the Thursday 10:10am stretching class will be cancelled. To replace the stretching class, we will modify the 9am Swiss Ball class. The **new class** at **9am on Thursdays** will be 30-30. This will consist of 30 minutes of swiss ball exercise followed by 30 minutes of stretching. Also, due to no attendance, we will be **cancelling the 3:30pm Tuesday/Thursday Cardio & Toning** classes.

Please refer to the updated schedule for a full listing of classes.



### **Gumbo & Good Times**

Again this year, The Fontana Center staff would like to invite all of you to share a heart healthy Gumbo Lunch with us.

This is our way of showing appreciation to all of our dedicated clients. On **Friday,**

**December 1<sup>st</sup>** you and your guest are welcome to dine with us in the Conference Room from **11:00am - 1:00pm**. We hope you can join us for good times and good eats!



### **Cover-Up**

With cooler weather moving in, it is time for us to remind you to bring your cover-up when taking part in water activities. As always, **the water temperature will remain a constant 86-88°**, but you will feel a change in the room air temperature. We will begin closing up the air vents, but we will always need just a few partially open for air circulation. If you are feeling a draft please ask your instructor or a staff member to adjust the vent covers accordingly.

This may be a great time to incorporate gym exercise or land aerobic classes. If you are interested in changing your routine, feel free to speak with Monica or Susan.

### **United Nations**

Paul Fontana, OTR, FAOTA was an invited guest of the **United Nations** when he provided the keynote address to the New York State Occupational Therapy Association during its recent convention and educational symposium in New York City. The theme of the conference was "Occupational Therapy Crossing Borders". Paul's keynote address focused on political advocacy as a means of ensuring the profession's ability to provide services to those who need it.

In addition, Paul taught a symposium on partnering with business and industry in providing injury prevention and return to work programs. Following this historic event, Paul was the keynote address at Touro College's School of Occupational Therapy's Graduation and Honors Award day.

Paul wants us to know that it was not all work as Rose also attended the United Nations event allowing them also to attend several Broadway musicals. All in a days work!

### **Just for Laughs**

Here is a suggestion for building strength in the arms and shoulders...Begin by standing on a comfortable surface with plenty of room on each side. With a five pound potato sack in each hand, extend your arms straight out from your sides and hold as long as you can. Try to reach a full minute, then relax. Each day you will find that you can hold the position longer. After a couple of weeks, move up to a ten pound sack, then fifty. Eventually trying to get to where you can lift a 100 pound sack in each hand and holding for one minute. Once you are comfortable at that level...put potatoes in each sack!

Laughing ... exercise for the soul!



### **Avoiding Holiday Weight Gain**

With Holiday party season upon us, it is sometimes hard to stay on our normal eating and exercise routines. Research shows that average Americans will gain five to seven pounds between Thanksgiving and the New Year. To help avoid the extra pounds of the season, follow these tips to a healthful Holiday.



- ★ Have a plan - create a plan to incorporate exercise and good nutrition into your daily routine
- ★ Don't put off health and fitness goals till the New Year
- ★ Attending a party - eat regularly on that day and try including a high fiber snack prior to the party
- ★ When eating at a party - start with healthy offering (i.e. fruit, veggies, whole wheat crackers, etc.)
- ★ Schedule your workouts - write them down on the calender
- ★ Avoid wasting calories on alcoholic beverages - the average mixed drink contains 150-200 calories per glass
- ★ Most importantly - MODERATION! Incorporate fun and festivities but do so in moderation

### **Gift Idea**

Holiday shopping time is here! Consider the gift of health this Holiday Season. Fontana Center offers gift certificates for fitness evaluations & memberships, pre-paid aerobic class cards, and massage therapy services. If you need more information please speak with Monica or any front desk employee.

