

# In The Center

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## Now Hear This!

### **Fitness Holiday Hours**

**Thanksgiving:** Thursday, Nov. 22<sup>nd</sup> CLOSED!  
Friday, Nov. 23<sup>rd</sup> 5am - Noon  
**Christmas:** Monday, Dec. 24<sup>th</sup> 5am - Noon  
Tuesday, Dec. 25<sup>th</sup> CLOSED!  
**New Year:** Monday, Dec. 31<sup>st</sup> 5am - Noon  
Tuesday, Jan. 1<sup>st</sup> CLOSED!

### **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 7<sup>th</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!



### **Class Schedule Update**

Effective November 1, 2007 changes will be made to the land and water class schedules. Walk To It returns on Tuesdays at 10:10am and Tone and Trim will now be offered on Thursdays at 10:10am. Deep H2O Advanced will replace 20-20-20 water aerobics at 3:30pm on Mondays. Please make sure to pick-up a copy of the schedule or log onto [www.fontanacenter.com](http://www.fontanacenter.com) for updates!

### **How Much Is Enough?**

Twenty or thirty minutes on cardiovascular activity two to three times per week - is this enough to reduce weight or keep your heart healthy? The American College of Sports Medicine (ACSM) and The American Heart Association (AHA) have set forth new guidelines for physical activity in healthy adults.

The recommendations, for adults ages 18-65, are to take part in moderate intensity cardiovascular exercise 30 minutes per day, five days a week. Or, to do vigorous intensity cardio exercise 20 minutes a day, three days per week and eight to ten strength training exercises (8-12 repetitions on each) two days per week. Moderate intensity exercise is defined as working hard enough to elevate your heart rate and break a sweat, but still being able to carry on a conversation. It is important to note that the 30 minutes of cardio is for the average healthy person to maintain health and reduce the risk of chronic disease and premature death. For weight loss, the level of exercise may need to increase to 60 or 90 minutes of cardio activity.

Adults over age 65 or adults ages 50-64 who suffer from chronic conditions such as arthritis are given the same exercise recommendations with one exceptions. That exception



being, the number of repetition for strength training should be 10-15 per exercise. Also, if someone has a high risk of falling, specific balance exercises should be performed.

### **Avoiding Food-borne Illnesses**

With Holiday time just around the corner, we thought we would give you a few tips to help avoid food-borne illness (food poisoning). Food poisoning is caused by eating food contaminated with bacteria, toxins or viruses. Signs and symptoms of food illness include: upset stomach, diarrhea, fever, vomiting, abdominal cramping and dehydration. Many people who have a food illness just think they simply have a flu-type ailment. For every case of food poisoning reported, twenty-five go unreported. Follow these tips to protect yourself when at home:

- ✓ cook meat, poultry and eggs thoroughly, use a thermometer to measure internal temperature
- ✓ avoid cross-contamination by washing hands, utensil and cutting boards after they have been in contact with raw meat or poultry
- ✓ refrigerate leftovers promptly - bacteria can grow quickly at room temperature - the danger zone for bacteria growth is 41 - 135°F
- ✓ wash produce - rinse fresh fruits & veggies in running tap water and remove outermost leaves of lettuce and cabbage

Dining out tips:

- ✓ hot foods should be hot - if it is not hot enough to steam, you may want to pass it up
- ✓ cold foods should be cold - if cold foods are allowed to warm to room



temperature they can grow harmful bacteria in as little as two hours

- ✓ look at your food server - do they look neat and clean, especially their hands
- ✓ try to get a glimpse of the kitchen if possible
- ✓ plates, glasses and utensils should be clean and spot free - residue can mean the bacteria killing dishwasher is on the blink
- ✓ fresh foods such as fruits & veggies should look and smell fresh
- ✓ keep an eye out for bugs and insects
- ✓ look at the general condition of the overall environment - if management is concerned with cleanliness that usually means they take pride in food prep



### **Do Magnets = Pain Relief?**

Recent research performed at the Peninsula Medical School in England studied the relationship between magnets and pain relief. The study results showed no significant improvement in pain levels for those who wore magnets.

\_\_\_\_\_ The researchers did note that there may be an exception for peripheral joint osteoarthritis, three out of four clients reported benefits when using magnets. But, for all other conditions, there was no convincing evidence to suggest that static magnet use was beneficial.

Magnets sold for medicinal purposes generally have a strength between 30 & 500 micro Tesla which is small compared to the 1.5 - 3 Tesla of an MRI machine. Despite conflicting evidence on magnet therapy, static magnets are still a multi-billion dollar industry! (Source: Canadian Medical Association Journal)