

In The Center

CWR @ The Fontana Center
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November / December 2008
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Now Hear This!

A Look Ahead...Fitness Holiday Hours*

Thanksgiving:

Thursday, Nov. 27 th	CLOSED
Friday, Nov. 28 th	5am - Noon

Christmas:

Wednesday, Dec. 24 th	5am - Noon
Thursday, Dec. 25 th	CLOSED
Friday, Dec. 26 th	5am - Noon

New Year:

Wednesday, Dec. 31 st	5am - Noon
Thursday, Jan. 1 st	CLOSED
Friday, Jan. 2 nd	5am - Noon

*For the Holiday class schedule log onto www.fontanacenter.com or pick up a schedule at the facility.

Gumbo and Good Times

Mark your calendars, we will be serving up heart healthy gumbo on **Friday, December 19th**. This is The Fontana



Center way of showing our appreciation to each and every one of you for your continued support and dedication. You and your friend, mate and/or date are welcome to join us in the **Conference Room from 12:00 - 2:00pm**. We hope to see you there.

Your Holiday Prevention Guide:

We challenge you to think prevention during this holiday season. Here are some common holiday ailments and a few simple ways to help prevent and/or avoid them.

Proper Lifting...

As you carry the fifteen pound turkey or the forty-five pound Christmas tree, help to prevent back pain by using proper lifting techniques. Some rules to follow are:

- keep the load close to your body
- maintain erect posture - bend at the knees and hips, not the back
- DO NOT lock your knees at any point during the lift - maintain a slight bend to the knees
- keep a wide base of support
- know your personal weight lifting limitations
- general rule is if its 50 pounds or greater, use assistance



Overeating/Heartburn...

With holiday food and parties in abundances, it becomes harder to control your food intake. Often, with increased food intake, comes digestive ailments. These natural remedies may

help to alleviate some of the digestive discomfort:

- use lunch sized dinner plates when eating meals
- avoid serving a second helping
- plan to eat earlier rather than later
- burn grapefruit scented candles - this fragrance is thought to reduce appetite



If you do over-indulge:

- add one tablespoon of apple cider vinegar to a glass of water and sip it
- take a walk or play ball outside - activity aids digestion
- eat fresh pineapple or papaya; or chew of a sprig of parsley to aid digestion
- drink a cup of peppermint or chamomile tea to relieve indigestion
- avoid laying down immediately after a meal, but if you do, try laying on your left side - this may prevent stomach acids from reaching the esophagus

Stress...

The holiday season can be one of the most stressful times of the year for many individuals and families. This simple advice may help to make this time a little more bearable:



- plan ahead and ask for help with upcoming events and parties
- set your priorities and make a schedule in advance and stick to them
- create a budget for gift giving and party planning
- cut corners - its ok to skip the cookies or the cards
- focus on family and remember the true meaning of the holiday season

Fatigue...

Fatigue and stress often go hand in hand. Some things to remember to help avoid the fatigue factor are:

- stay in your normal day-to-day routine as best as you can
- stick with your regular exercise routine or even add to it
- maintain a proper diet, assuring to drink plenty of water
- take all medications as prescribed
- get plenty of rest - seven or eight hours per night is recommended



Resolutions...

How many of us have set goals for the New Year and have yet to reach them? Unfortunately, this is a very common occurrence. These tips may get you better prepared to reach those goals:



- set small, realistic, obtainable goals
- make these "resolutions" part of a new lifestyle
- recruit a friend or family member for extra motivation
- focus on the short term, not six months down the road
- do something fun and enjoyable to help meet the goals
- reward yourself for a job well done

Cover-Up

Cooler temperatures are here! So, we would like to take this time to remind you to bring a towel and a cover-up to the pool area. As always the water temperature will remain 86-88° and we will be shutting all of the vents as well as the doors. Having a cover-up handy will allow less exposure to the room air!
