

In The Center

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November / December 2009
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Now Hear This!

**** NOTICE ****

Due to a complete resurfacing procedure, we must notify you that the pool will be closed for a one week period of time. **The pool will be closing at the end of the business day on Friday, November 6th and will re-open on Monday, November 16th.** The pool must be completely drained and resurfaced during this process. We apologize for any inconveniences but this is a process that cannot be avoided. This will be a good time to take advantage of the gym facilities and/or land aerobic class activities.

Thanksgiving Fitness Hours

Thursday, Nov. 26th CLOSED
Friday, Nov. 27th 5am - Noon

Class Schedule

Water: 9am Deep H2O
10am PowerWaves

Land: 8am Yoga
9am Low Impact

Saturday, Nov. 28th 7am - 3pm

Please note Saturday, Nov. 21st we will be closing at 1:0

Gumbo and Good Times

It's the time of year again to invite you to join us for Gumbo & Good Times! This is our way of showing appreciation to all of our dedicated and loyal members. You and your guest are welcome to join us on **Friday, December 11 from 12:00 Noon - 2:00pm** in the upstairs conference room. Bring your appetite and good cheer!



Class Schedule

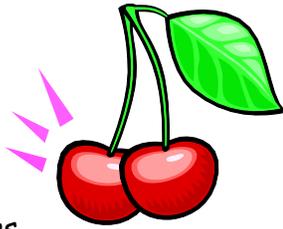
We have added a powerful packed class to the Saturday line-up. **Boot Camp** will be offered every 3rd Saturday of the month at 9am. Join us for this mix of higher intensity cardiovascular and strength training exercise. This class is designed to add an energy boost to your existing workout! The first class is scheduled for Saturday, Nov. 21st!

Also, stay tuned to the schedule as we are planning to incorporate a few new classes to start the new year. Your feedback, input and interest in classes is always welcome!



The Cherry Connection

Talk about tart cherry juice and its pain reducing qualities has been up for discussion with researchers for years.



But a recent study done at the Oregon Health & Science University may finally bring some proof to these claims. In one study, runners between 18 and 50 years of age were tested. When the runners were given tart cherry juice before a long distance race, they experienced less muscle pain after the race than those who drank a placebo. The researchers believe that this benefit may be attributed to flavonoids and anthocyanins which both have anti-oxidant and anti-inflammatory powers. This is closely related to the benefits of non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin and Aleve.

Not only were the benefits of the tart cherry juice seen in athletes but also in women who suffer from fibromyalgia. After two weeks of drinking the juice, the women reported lower pain scores.

We are not recommending that you go out and buy cases of cherry juice, we are simply telling you to keep an eye out for future research on the topic. As always, if you are interested in trying new products, please consult your physician.

We Need Your Help

We are in the final stages of our Creole Stuffed Bread fund-raiser to benefit our friend and co-worker Christina Mills. Christina and her husband Brady are expecting a baby boy, Brennan, in mid-December. Christina will have to deliver

baby Brennan in Boston as he will need heart surgery to repair congenital problems.

We are selling a lunch combo of a cooked stuffed bread, chips and dessert for \$6/lunch. We are also selling the breads frozen. One frozen pack (four breads per pack) is \$16. Please let us know if you would like to purchase any of the delicious breads. Deadline for orders is Friday, November 5th.

Holiday Eating Guide

With the holiday time fast approaching, you need to prepare for excess food and fun. The excess often causes us to stumble from a normal, healthy eating plan. Here are some strategies to help get you through the holiday diet hurdles:



- ✓ have a plan - don't set your mind to gaining weight, this usually causes us to give up and binge eat
- ✓ don't obsess over every bite you eat - think about how you want to feel the next day, bloated & sluggish or happy & healthy
- ✓ don't restrict foods - allow yourself to enjoy those foods that only show up at holiday time, just use moderation
- ✓ too many leftovers - keep enough food for only one more serving and send the rest home with guest
- ✓ take just one bite - if the party host offers more food, ask for a smaller portion or just a bite sized sample
- ✓ don't focus on the New Year diet - this will often cause overeating or binging

The holidays are time of family, food and fun so enjoy this special time of year, but as always, moderation is the key