

In The Center

CWR @ The Fontana Center
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Now Hear This!

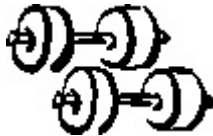
Class Schedule Update

We are making a few changes to the water class schedule. Monday, 5:30am will now be PowerWaves. Monday, 3:30pm will now be 30-30 and 4:30pm will be PowerWaves. Wednesday, 3:30pm will now be Deep Water Advanced.

Please pick-up a schedule or log on to www.fontanacenter.com for a complete listing of classes.

Pool Equipment

We would like to thank you for your patients as we make changes to the pool area and equipment storage. It is a work in progress! We do ask that you help us by returning the equipment that you use to the proper storage area. And, as always please dry off before leaving the pool area.



Equipment Cleaner

For your convenience, we have placed Clorox wipes throughout the gym area. Please feel free to use the wipes on any of the gym equipment.

"Yesterday was a bad day. Today was worse, but thank God we have tomorrow."
-Frank Rodriguez-

Backpack...Wear it Right!

With school time in full swing, you may be hearing complaints from your child about an aching back or shoulders. This could be a sign that your child is carrying too much weight or wearing his/her backpack the wrong way. Others symptoms of improper backpack use are weakened muscles, tingling arms and stooped posture. If you have noticed any of these signs, you can follow a few steps to help your child load and wear the backpack properly.

First step is loading the backpack properly.

- a child should never carry more than 15% of his/her body weight in the backpack
- load the heaviest items closest to the child's back
- arrange books and other items so that they will not move around
- check what your child is carrying to and from school, making sure they are bringing only necessary items
- on days when the backpack is fully loaded, have the child carry items in hand
- if the backpack is consistently too heavy, consider a rolling book bag



The next step is wearing the backpack properly.

- both shoulder straps should always be used
- select a backpack with wide, padded shoulder straps
- adjust the straps so the pack fits snugly to the child's back
- if the backpack has a waist belt, wear it
- the bottom of the backpack should rest in the curve of the lower back, it should never rest more than four inches below the waistline
- choose a backpack that best accommodates your child's back size and school needs

If your child is having persistent problems, you may want to consider a visit with an Occupational Therapist (OT). An trained therapist can do an ergonomic assessment that can help to determine if the backpack is the cause of the problems. Occupational therapist are available in all school districts as well as in private practices like ours. If you want more information on this topic or other OT information, log on to www.aota.org.



Know the Facts About... Shingles

Shingles (herpes zoster virus) is a painful viral infection of the nerve roots. Shingles is a result of the same virus that causes childhood chicken pox. After having chicken pox, the virus never completely leaves the body and can lie dormant for years or never even reappear. If and when the virus reactivates, the result is shingles, not another bout of chicken pox.

Anyone who has had chicken pox is at risk for developing shingles but it most commonly occurs in people over the age of 60. A weakened immune system, mental/emotional stress and cancer can all cause the virus to reactivate.

Symptoms of shingles include pain, itching, burning, and tingling in the affected area. This is most often followed by the outbreak of a rash and small blisters that will continue to form anywhere from three to five days. The fluid-filled blisters will start to release liquid and at this stage shingles is contagious! It can be spread to anyone who has not had chicken pox as long as new blisters are forming. Once the blisters have dried and start to heal, the virus can no longer be passed on to others. This whole healing process can take three to five weeks.

There is no cure for shingles, but treatment may help to speed the healing process. Some treatments include steroids, anti-viral and/or pain medications. Other forms of treatment are cool compresses, anti-itching lotions, bathing the area and cleaning with soap and water. In general, most people will have a full recovery from the shingles, although reoccurrence is a possibility. The most common complication of shingles is postherpetic neuralgia. This is when the damaged nerves cause persistent pain even after the blisters are gone. If you think you may have shingles, consult with your physician as soon as possible.

Fitness Labor Day Hours

Monday, September 1st 5am - Noon

9am Low Impact Land Aerobics

9am Deep Water

10am PowerWaves