

In The Center

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Now Hear This!

Labor Day Hours

Monday, September 7th 5am - Noon

Class Schedule:

Water: 9am Deep Water
10am PowerWaves

Land: 9am Low Impact



Thank You

We would like to extend our thanks to all of you for your cooperation and patients during swimming lessons. Once again, our program was a big success!

Dry Off!

We are having an increased problem with pool participants not drying off after pool use. Water is being tracked up and down the hallway and into the shower and restroom areas. All pool participants must bring a towel back to the pool area and **dry off completely** before entering back into the hallway. Also, if you wear shoes into the pool those need to be replaced with dry footwear before leaving the pool area.



No Signs of Progress

Have you been visiting the gym week after week doing classes, lifting weights and working up a sweating all with no signs of weight loss?? If this is the case, it is probably time to re-evaluate your workout and eating habits. One classic mistake is never changing or adjusting your workout or diet. Often times we do well with the workout but continue with bad eating or even increase food intake. And even if you do well with the workout routine, it does need to be modified along the way. If you have already made modifications to diet and exercise and have not seen a change, then you may want to consider these other gym "faux pas" that may be wreaking havoc on your progress:

- too much socializing and not enough exercising - yes the gym can be a place to catch up and visit but for progress you need to move more and talk less
- lack of intensity - sure you visit the gym, but are you just going through the motions or are you really putting a full effort into your workout
- over estimating calories burned - most machines only give a general estimate of calories burned during a workout and any modification of the exercise (i.e. holding on while walking, supporting body weight,

- etc) can give a false calorie burn reading
- spot reduction - you CAN NOT spot reduce! Your body will burn calories and stored energy from anywhere it wants to, so just because you work your inner thighs does not mean that you will lose fat in that area
- doing too much too soon - in addition to injury, this may also cause a lack of motivation. Severe muscle soreness can delay workouts and even cause you not to return to the gym. Slow and steady is the best pace
- no set routine - going into the gym without any idea of what you will do for a workout usually leads to wasted time. Meet with a professional and set up a workout based on your needs and goals

To Stretch or Not To Stretch

Stretching has often been a controversial topic in the exercise industry. Should you stretch, when to stretch, how long, what type. Most experts have come to a consensus that stretching is an integral part of a workout routine.

What are the benefits of stretching? Stretching can help relieve muscle tightness, keep muscles/joints flexible, lengthen muscles & increase range of motion, flush lactic acid helping to prevent muscle soreness.

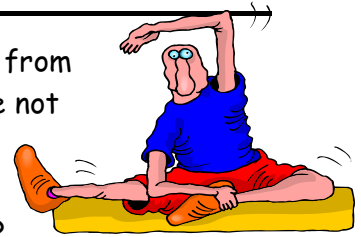
When should you do stretching exercises? The stretching part of your exercise routine should be included after the muscles are warm. This can be after a proper warm-up (5-10 minutes of low level exercise will increase blood flow and oxygen supply to the muscle preparing them for activity) or at the end of your workout. It is more likely

that you will sustain an injury from stretching if your muscles are not warm.

What type of stretching should you include?

A good general rule is to do slow, static (no bouncing) stretching and ease into your program. Hold each stretch for 15-30 seconds at the point of stretch, not pain. Focus on breathing & relaxing assuring never to hold your breath.

Perform stretches a minimal of two days per week, but stretching exercise can be done on a daily basis. When stretching, most importantly listen to your body! If you need assistance with stretching exercises, please speak with Monica.



H1N1 / Swine Flu Vaccination

There are many questions and concerns about vaccinating against the H1N1 flu virus. The Center for Disease Control (CDC) Advisory Committee on Immunization Practices has made a series of recommendations concerning the immunization. In brief, the Committee is recommending that initial vaccinations focus on five key groups: pregnant women, those who live with or care for infants under 6 months of age, health care and medical personnel, those between 6 months and 24 years of age, those between 25 & 64 years of age who have chronic health disorders or suppressed immune systems. There is some concern that the initial vaccine will only be available in limited quantities, but the supply will continue to be replenished. The CDC also reminds individuals that the H1N1 vaccine does not serve as the normal seasonal flu vaccination, the two are completely separate. For more info on the CDC recommendations log onto www.cdc.gov.
