

In The Center

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Now Hear This!

Reminder!

Just as a reminder, the pool will be closing on Monday, September 3 for resurfacing. We are expecting the whole project to be completed by Monday, September 24. To review the steps:

- week one - the old plaster will be removed and new one will be laid
- week two - pool clean-up, refilling of water and chemical balance will take place
- week three - pool will be refilled and ready for use, but heaters will not be operational
- week four - water will be heated back to 86 degrees and full, normal activity can resume (expected date September 24th)

Class Schedule

Due to the pool closure, we have added many new land classes to the schedule for the month of September. We feel this will be a great time for you to experience new classes. We will be offering group classes in the aerobics room as well as in the gym area. Pick up a copy of the schedule at the front desk or log onto www.fontanacenter.com for a full list of classes.

Why Strength Training??

Strength training = resistance training = toning! These terms are all one in the same meaning they all refer to overloading the muscle by using outside resistance. Strength is a basic health related fitness component and is important in daily activities like sitting, walking, running, lifting/carrying, housework and enjoying recreational activities. From a health standpoint, increasing your strength helps to:

- increase or maintain muscle and a higher resting metabolic rate
- encourages weight loss & maintenance
- lessens the risk of injury
- reduces chronic low back pain
- alleviates arthritic pain
- improves bone density, preventing osteoporosis
- improves cholesterol levels & reduces triglyceride levels
- reduces blood pressure
- aids in childbearing

As aging occurs, strength training might be the most important health related fitness component. A good strength training program can enhance quality of life and nearly everyone can benefit from it. Let us help you get started today!



Why Try A New Workout??

Variety is the spice of life! Changing your routine brings new challenges to the muscles and cardiovascular system, allowing your body to continue to make adaptations and progress. Doing the same routine time after time, will not allow you the full benefits of exercise. You may find that some of the new options we will be offering will get you over that plateau or that 'holding' point in your progress.

Pilates??

Pilates is a low impact method of strengthening and stretching that trains the body and mind to work together. It is a full body workout but primarily focuses on abdominals, lower back and hamstrings. Other benefits associated with Pilates are: decreased back, neck & joint pain; reduction of future injuries; improves joint range of motion; improves posture; provides flexibility and balance. Check out the September schedule of classes for times that we will be offering Pilates.

Member Spotlight

We are continuing our series of articles that has allowed us to share stories with you that we feel are inspirational. The stories are those of members who have dedicated themselves to a healthier lifestyle and have seen progress and improvements in well-being. If you have a member in mind and think they would like to share their journey with us, please let us know.

We have put up a suggestion box in the gym area. Feel free to drop the name of the member who you feel has a story worth sharing.



Exercise...Even with Arthritis

We all know that exercise benefits many aspects of our day to day lives. But when stricken with rheumatoid or osteo-arthritis pain, you may feel like exercise is the last thing you should do. The American Council on Exercise (ACE) has given recommendations on why you should exercise even if you suffer from arthritis.

- **Flexibility** - flexibility training helps to increase joint range of motion and reduce stiffness
- **Walking** - along with other low-impact cardiovascular exercise improves overall fitness level
- **Strengthening** - stronger muscles make it easier to accomplish day to day activities and when daily activities are easier you are likely to move more
- **Weight bearing exercises** - walking and light resistance training, etc., increase bone mass which will reduce your risk of osteoporosis
- **Balance** - arthritis tends to rob people of coordination, balance and posture while exercise helps to improve these areas
- **Weight** - excess weight considerably increases stress on the joints, a good overall exercise program combined with healthy eating can help drop the extra pounds
- **Stress** - stress can worsen the symptoms of arthritis and exercise helps to reduce the symptoms of stress
- **Depression** - arthritis is known to cause depression and those who exercise regularly suffer with less symptoms of depression
- **Sedentary lifestyle** - arthritis often contributes to a inactive lifestyle which in turn contributes to heart disease and diabetes
