



Fontana Center News

HAPPY EASTER!!

Here comes Peter Cottontail, hopping down the bunny trail Sunday, April 17th. Although Easter may seem like it's National Chocolate and Candy Day, Easter Sunday actually marks the end of Lent which is the period of 40 days (not counting Sundays) before Easter. Traditionally, Lent is observed by acts of penance and fasting and includes Holy Week immediately prior to Easter Sunday. Another Easter/Lenten tradition is indulging in the foods we love and crave because the fasting period is over. The true meaning of Easter is often lost in the commercialism of the holiday, but Easter is really a celebration of the resurrection of Jesus Christ after being crucified.

<https://www.britannica.com/>

NEW CLASS ALERT!! NEW CLASS ALERT!!

"Kettlebell Workout" was on our group fitness class schedule last month and it is back again in April. Kettlebell Workout will be upstairs in our group fitness studio and led by Jill Hernandez on the following dates and times:

Tuesday, April 12th at 8am; Thursday, April 21st at 8am; and Friday, April 8th and 29th at 9am.



Why do a kettlebell workout? Dr. Melinda Ratini with www.webmd.com says, "Using kettlebells can be a great way to pump up your workout and burn more calories in a shorter period of time." Depending on the kettlebell program, you may actually be getting your strength training and your aerobic workout in at the same time. Make sure to consult with your doctor before starting any new exercise program.

APRIL FOOLS!!

Friday, April 1st, is April Fools Day! Pull out your most clever pranks and funniest jokes and have a good laugh. Here are a few "corny" sports jokes from the book "Funny, Funnier and Funniest Joke Book for Kids...and grownups who act like kids!" to get you started:

What's the quietest sport?.....Bowling. *You can hear a pin drop.*

Why did the football coach go to the bank?.....He wanted his quarterback.

Which type of sports equipment makes the most noise?.....A racquet.

Which sport always gets in trouble?.....BAD-mitton

Where does it mention baseball in the Bible?.....The very first line: "In the big—inning...."

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Elena Broussard, Shirley Ransonet, Jerry Comeaux, Kaylie McGee, Christine Rogers, Terry Broussard, Rose Broussard, Alyse Evans, Michael Puissegur, Louis Guillot, Marie Guillot, Felix Pitre, Marsha Bayer, Jim Allen, Judy Allen, Loretta Rush, Ben Carter, Mary Ubinas, Delvie Hemphill, John Hebert, Sunny Gray, Lydia Gray, Marion Punch, Marie Ostheimer, Wes Angelle, Alice Angelle, Christine Henry, Mary Beth Dumas, Fr. Matthew Barzare, and Joslyn Landry.

MEMBER SPOTLIGHT



We would like to introduce you to Mr. Hugh Smith. Mr. Hugh is 84 years young, a 20 year army veteran and a recent stroke survivor (as recent as December 1, 2021). His stroke paralyzed the right side of his body and affected his memory, but since then, Mr. Hugh has been making leaps and bounds with his recovery. His doctors, nurses and physical therapists seem to think his survival and quick recovery were a direct result of his great physical condition prior to having a stroke, but Mr. Hugh has a different theory. Every morning, Mr. Hugh says a little prayer, “Good morning Jesus! Hold my hand and walk with me.” His outlook on life is positively inspiring. He claims, “In order to be happy, you must first be healthy, and you can’t be healthy unless you’re happy. There has to be a balance.” Mr. Hugh also believes in order to be happy and healthy, you should set yourself up to choose time wisely and choose good people, “and the Fontana Center is a place with good people.” Mr. Hugh and his wife, Mrs. Jane Smith, have been members of the Fontana Center for almost 20

years and both feel as though the Fontana Center’s staff and some of the other fitness members here have become a part of his own family. And we feel the same about you and your beautiful bride!! We are all so proud of your progress and knew you would be back in action much sooner than later. Your outstanding work ethics are an inspiration to everyone you meet. Keep up all of that hard work, Mr. Hugh. We love seeing your smiling face in the gym.

We always enjoy hearing success stories from our members so please share them. You might be in next month’s Member Spotlight.

2022 FONTANA FITNESS CHALLENGE

Congratulations Charlotte Ryder!! She is the winner of all three 2022 Fitness Challenge categories (improvements in: weight, waist circumference, and/or body fat percentage) during the month of February. Mrs. Charlotte is on a roll!! Stay tuned for our grand prize winner next month.



CARROT CAKE ENERGY BITES

RECIPE BY: WWW.EATINGWELL.COM

INGREDIENTS:

1 cup pitted dates	2 medium carrots (about 4 oz. total), finely chopped
1/2 cup old-fashioned rolled oats	1 teaspoon vanilla extract
1/4 cup chopped pecans	1/4 cup chia seeds
3/4 teaspoon ground cinnamon	1/2 teaspoon ground ginger
1/4 teaspoon ground turmeric	1/4 teaspoon salt
Pinch of ground pepper	

INSTRUCTIONS:

Combine oats, dates, pecans, and chia seeds in a food processor; pulse until well combined and chopped. Add carrots, vanilla, cinnamon, ginger, turmeric, salt and pepper; process until all ingredients are well chopped and a paste begins to form. Roll mixture into balls using a scant 1 tablespoon each.

NUTRITION FACTS:

Serving Size: 1 bite

Per Serving: 48 calories; protein 0.9g; carbohydrates 8.2g; dietary fiber 1.6g; sugars 5.1g; fat 1.7g; saturated fat 0.2g; potassium 87.6mg; sodium 30.4mg.

Have an idea for the newsletter? Email Jessica@fontanacenter.com or call us at 337-234-7018.