



News from the Fontana Center

BACK TO SCHOOL

The only event during the month of August that is worthy of marking on the calendar is BACK TO SCHOOL! August is the only month without a well-known holiday: September—Labor Day, October—Halloween, November—Thanksgiving Day, December—Christmas, January—New Year's, February—Valentine's Day, March—St. Patrick's Day, April—Easter, May—Memorial Day & Mother's Day, June—Father's Day, July—July 4th....and then there's poor August with returning to school. Although some might say the first day of school is the best day of the year, it is not a well known holiday.



ART WALL ADDITIONS



If you take a walk down the hallway leading to the pool, you will find a collection of art. The Art Wall displays a variety of many works of art from our members and staff at the Fontana Center. If you have created a work of art or something you are particularly proud of and would like to share it, PLEASE DO! Simply bring your masterpiece to the front desk with your name on or attached to it and we will put it on display.

HERE IS YOUR WHY....

I'm sure some of you have asked yourself on more than one occasion why you go to the gym and put yourself through the pain and torture of working out. The phrase "If you don't use it, you lose it" stands true. After age 50, the body starts to unravel if you do not remain physically active. Incorporating weight/strength training into your exercise routine 2 to 3 times a week that includes 8 to 10 functional exercises will provide necessary stimulus for increasing bone density, muscle mass, muscle strength and improving balance.

So what exactly is Functional Exercise? These are exercises with practical/functional application and focus on necessary movement patterns in order to complete daily physical tasks. Some examples of these optimal strength exercises include: squats, lunges, chest presses or push-ups, and standing rows. If you are unsure about how to perform these particular exercises or want to include more functional movement in your workout routine, talk to one of our exercise physiologists. Jeff and Jess can assist you with any of your exercise questions or concerns.

<https://www.exeterfit.com/benefits-of-strength-training-for-older-adults>

MEMBER SPOTLIGHT



We'd like to congratulate **HAZEL ROBERTS** on her fitness accomplishments. Since becoming a member at the Fontana Center in January, Hazel has lost 20 pounds, lowered her blood sugar and lowered her LDL cholesterol to 49mg/dL. During Hazel's last visit to her doctor, she was praised for being in the best shape she's been in years. Hazel says she is on a completely different path than the one she was headed down before coming to the Fontana Center and is so glad she made her way here. Hazel enjoys water and chair aerobics and will occasionally do strength training with a side of treadmill in the gym if classes are full. We are so proud of you, Hazel, and grateful that you chose the Fontana Center to help navigate your fitness journey. You are a delight to have in our group fitness classes and are truly inspirational. Keep up the hard work and dedication!!

We love to hear success stories from our members so please share them with us. You might be in next month's member spotlight.



CONGRATULATIONS TO OUR
JULY BIRTHDAY DRAWING WINNER



PAULETTE PASHIBIN



EGGPLANT BURGERS from www.allrecipes.com

INGREDIENTS:

1 eggplant, peeled and sliced into 3/4 inch rounds	6 slices tomato
1 tablespoon margarine	1/2 onion, sliced
6 slices Monterey Jack cheese	1/2 cup dill pickle slices
6 hamburger buns, split	1 (20 ounce) bottle of ketchup
6 leaves lettuce	3 tablespoons mayonnaise
2 tablespoons prepared yellow mustard	

COOKING INSTRUCTIONS:

- Step 1: Place the eggplant slices on a plate, and cook in the microwave for about 5 minutes, or until the centers are cooked.
- Step 2: Melt margarine in large skillet over medium-high heat. Fry eggplant slices until lightly toasted on each side, & place one slice of cheese onto each one. Cook until cheese has melted, and remove from skillet.
- Step 3: Place eggplant on hamburger buns, and allow each person to top with lettuce, tomato, onion, and pickles, and dress with ketchup, mayonnaise and mustard.

Nutrition Facts Per Serving:

418 calories; protein 13.8g; carbohydrates 52.8g; fat 18.8g; cholesterol 27.9mg; sodium 1720.3mg.