



Fontana Center News



HOLIDAY FITNESS CENTER HOURS:

Friday, December 24, 2021: Open 5am until 12pm (noon)

Saturday, December 25, 2021: CLOSED

Friday, December 31, 2021: Open 5am until 12pm (noon)

Saturday, January 1, 2022: CLOSED



THE HOLIDAY HEALTH CHALLENGE

During this time of year, healthy food choices always seem scarce...while all the delicious, unhealthy food options are staring you in the face! So how do you maintain that healthy body weight you've worked so hard to get to all year long?? Here are a few tips to keep yourself from falling off the healthy wagon:

1. If you are headed to a holiday party, eat a healthy meal BEFORE leaving your house. Going to a party when you're hungry is almost as bad as going to the grocery store hungry...YIKES!! Add a few cocktails to the mix and you'll have a serious calorie overload.
2. Bring a healthy dish to a pot-luck party. If all else fails, at least you know there is one thing you won't feel guilty about eating at the party.
3. Drinking alcoholic beverages will only add empty calories to your daily intake. **But if you must**, pick your poison wisely. Try to avoid sugary mixed drinks and dark liquor. Instead, choose red or white wine (no blush wines, Rieslings or Moscato!). If you like the "hard stuff," opt for clear liquors mixed with something sugar-free, diet, or simply on the rocks since these have fewer calories.
4. Focus on the proteins. Eating protein prior to consuming those hard-to-resist desserts will help with blood sugar spikes. Protein also increases your metabolism since your body requires calories to digest and absorb. www.lifehack.org

SHOP NO FURTHER!

Take a deep breath and relax. We have the perfect gifts right here at the Fontana Center! Stop by the front desk to purchase a punch card, gift certificate for a short or long-term membership, and/or a fabulous massage from our massage therapist.

'TIS THE SEASON

On behalf of the Fontana's and their staff here at the Center, we would like to wish all of our members a very Merry Christmas and a Happy New Year. We hope your holiday season is filled with love, laughter, family and friends. In the hustle and bustle of the season, please remember the true reason why we celebrate it, and may God bless you and your loved ones.

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Shannon Mackie, Mary Flynn, Wendy David, Teri Nowak, Tim Nowak, Diana Dalton, Faye Skonberg, John Richard, Barbara Williams, Leo Abadie, Charise Abadie, Doug Strohmer, Cindy Strohmer, Peggy Richard, Ella Savoy, Peter Borne, Diane Cagle, E.C. Gabehart, Sarah Gabehart, Joan Duhon, Honey Becker, Diana Flood, Sylvia Iskander, Matt Lane, Ann Marie Lane and Teri Stevenson.

CONGRATULATIONS TO OUR
NOVEMBER BIRTHDAY DRAWING WINNER



ANNE MARIA GUIDRY



MEMBER SPOTLIGHT



Say hello to David Rabalais! Like many people around the world, COVID-19 and quarantining had negative impacts in David's life. He began spending a little too much time on his computer at home which resulted in excessive snacking, lack of physical activity and drinking alcohol on a regular basis instead of limiting himself to weekends or social events. Fortunately, David recognized the unhealthy downward spiral and stopped the madness before it was out of control. That, alone, is a difficult and remarkable task!! His fitness journey began at a gym that focuses on cardiovascular endurance, but David knew the importance of weight/resistance training as well so he continued to navigate forward. In April of this year, David found his pathway to the Fontana Center and added weight training to his exercise regimen. Over time, he reached one of those dreaded fitness plateaus which can be extremely frustrating, but David kept pushing through. Just recently, he broke through that plateau by changing his diet and the results are visibly noticeable. David has lost 30 pounds and has more energy than ever before! You can even see

the self-confidence beaming from his smile! Congratulations, David! We are so proud of you and your fitness accomplishments! Keep up the extraordinary work!

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

GROUP FITNESS SCHEDULE CHANGES:

Beginning December 1st, Water Aerobics on Tuesday, Thursday and Friday afternoons will no longer be on the schedule. Be sure to pick up your copy of December's schedule in the front lobby.



SLOW COOKER CHICKEN NOODLE SOUP

Recipe provided by: www.allrecipes.com

INGREDIENTS:

2 pounds skinless, boneless chicken breast halves
8 cups water
2 stalks celery, chopped
1 carrot, chopped
1 green onion, chopped
4 cubes chicken bouillon
4 teaspoons dried parsley

1 bay leaf
1 teaspoon seasoned salt
1 teaspoon salt (or to taste)
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
6 ounces egg noodles

INSTRUCTIONS:

Place chicken, water, celery, carrot, green onion, chicken bouillon, parsley, bay leaf, seasoned salt, salt, dried basil, and pepper into the bottom of a slow cooker. Cover and cook on Low until chicken breasts are no longer pink in the centers, 5 to 6 hours. Remove and discard bay leaf. Remove chicken, shred using 2 forks, and return to the pot. Stir in egg noodles. Cover and continue to cook on Low until noodles are tender, 20 to 30 minutes more.

Chef's Note: A total of 4 cups of chicken broth can be used in place of the chicken bouillon. If you use chicken broth, reduce the amount of water in the recipe to 4 cups instead of 8 cups. You can alternatively cook the noodles separately and add them just before serving.

NUTRITION FACTS:

Per Serving: 207 calories; protein 25.6g; carbohydrates 17.1g; fat 3.4g; cholesterol 76.5mg; sodium 1055.4mg.