



Fontana Center News

THE FABULOUS FEBRUARY

February is packed with so many things to celebrate and/or keep in mind! Valentine's Day, American Heart Health Month, National Cancer Prevention Month and African-American History are just a few items on the "be mindful of in February" list. No matter what you choose to celebrate or be mindful of this month, make it count! For matters of the heart, start with walking an extra 10 minutes per day or maybe lifting a few more pounds in the weight room. Making small changes in your daily routine can make a huge impact on your overall heart health. And since National Chocolate Days fall in the month of February (1st—Dark Chocolate Day, 14th—Chocolate Cream Filled Day, 19th—Chocolate Mint Day, 25th—Chocolate Covered Nut Day, 28th—Chocolate Souffle Day), it would only seem appropriate to give chocolates to your honey for Valentine's Day. This year, try some chocolate dipped fruit instead of picking through that giant box of candy. You'd be surprised how decadent fruit can be with just a drizzle of chocolate. (www.nationaldaycalendar.com)

Not only does exercise keep your heart healthy, but it can actually help to prevent cancer. According to Cancer Treatment Options and Management, Inc., here are four ways exercise works in cancer prevention:

1. Reduced Angiogenesis

Since cancer cells are rapidly reproducing, they need to recruit extra blood vessels to help with their high metabolism. When you exercise with weights, you limit the ability of tumors to hijack blood vessels. This is because the blood vessels are too focused on supplying blood to the muscles that have been stressed by the weight lifting.

2. Increased Lymphatic Flow

Our bodies have an extensive network of lymphatic vessels connecting the lymph nodes. However, lymphatic fluid is much like 'maple syrup' – it moves very slowly throughout the lymphatic system. This can allow cancer cells to remain and grow within the lymph nodes without being attacked by the immune system. This results in lymph node metastasis. Exercise is one of the ONLY ways to increase the flow of lymphatic fluid.

3. Metabolic Competition

When you exercise with weights, you cause microscopic tears in your muscle fibers. These tears are then repaired by the local stem cells using the growth factors and resources that cancer cells would normally use / hijack to grow and metastasize. This concept is known as "metabolic competition".

4. Anti-Tumor Proteins

A recent study found that when a muscle contracts, as with weight lifting, a protein called interleukin-6 gets released. This protein happens to have strong anti-tumor capabilities.

(www.research.ctoam.com)

THE GIFT THAT KEEPS ON GIVING



It's never too late or a bad time to give the gift of good health to a loved one but this deal is only available for the month of February. Stop by the front desk for detailed information or to purchase one of our Fit Packs. *Fit Packs must be paid in full prior to scheduling fitness evaluations

Fit Pack: includes a fitness evaluation/basic body assessment, 3 month full access membership, and 1 personal training session ...\$175

Family Fit Pack: one additional family member may be additionally included on **Fit Pack 1** for half price...Family Fit Pack ...* **\$262.50** *(this includes cost of Fit Pack 1)

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Claudia Harris, Janice Bourque, Kelly Davis, Marcello Davis, Linda Mouille, Mary Ubinas, Debbie Vice, Becky Rushing, Elizabeth Stelly, Jim Allen, Samantha Jumonville, Karen Judice, Todd Judice, Cynthia Baudoin, Bryan Spallino, Ree Mere, Clement Sibley, Nathan Hess, Trey Courrage, Abby Beadle, Sherry Ferg, Judy Robichaux, Travis Blanchard, Gigi Moloney, Vicki Clark, Russell Broussard, Hazel Fuselier, Hugh Smith, Jane Smith, Kenneth Green, Donna Burke, Helen Hruban, Mark Hruban, Marguerite Landry, Bob Duck, Karen Duck, and Lana Mixon

MEMBER SPOTLIGHT



We would like you to meet our spotlighted member this month, Richmond Gunter. Mr. Richmond's fitness journey is one remarkable story to share. It all started in January 2019, with a trip to the doctor's office, being told he was pre-diabetic, and not wanting to follow in his father's footsteps who had several amputations. Directly from his doctor's appointment, Richmond drove straight to the Fontana Center and became a member. Since January 2019, Richmond has lost a total of 127 pounds...that's a whole person!! His weight loss method was simple, common sense: *eat less and move more!* Like many of us, Richmond used food for comfort and admitted the first few weeks of his journey were difficult, but if he felt the need to eat (especially in the middle of the night), it would be something healthy instead of junk food. He also said grocery shopping no longer included junk food because if it wasn't in the house, then he wouldn't be able to eat it (sounds like a pretty smart plan right?). Richmond's motivation was his desire to be in control of his physical mobility. He wanted to be able to enjoy life and not have to pass up opportunities to enjoy life be-

cause of his weight. For continued motivation, he keeps an old picture of himself weighing 333 pounds in his truck just to remind him of where he's been and how far he's come. Richmond also said that he rarely looks in the mirror because sometimes he doesn't recognize himself but he is perfectly fine with that because he feels incredible. We applaud you, Richmond Gunter, and your remarkable fitness achievements. You are truly an inspiration to us all! 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.

2022 FONTANA FITNESS CHALLENGE

We have homework (or gymwork rather) for our 2022 Fitness Challenge competitors!! Check the Fontana Center Facebook page and/or our website for your competition assignments. If you haven't heard about our friendly, **PRIZE-WINNING** competition, ask the front desk, Jeff or Jess for more details. It's still not too late to sign up!! Just remember, there is no time like the present...



CHOCOLATE COBBLER

RECIPE BY: SOUTHERN LIVING—PAM LOLLY

INGREDIENTS:

3/4 cup butter	7 tablespoons unsweetened cocoa, divided
1 cup self-rising flour	1/2 cup whole milk
1/2 cup semisweet chocolate chips	2 teaspoons vanilla extract
3/4 cup packed light brown sugar, divided	1 1/2 cups boiling water
1 cup granulated sugar, divided	Vanilla ice cream

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F. Place butter in an 11- x 7-inch baking dish. Place dish in oven (the oven does not need to be fully preheated). Heat until butter melts, about 10 minutes. Remove from oven.

STEP 2: Stir together flour, chocolate chips, cup of the brown sugar, cup of the granulated sugar, and 2 tablespoons of the cocoa in a medium bowl. Stir together milk and vanilla in a separate bowl. Stir milk mixture into flour mixture until batter is smooth. Pour batter evenly over melted butter in baking dish (do not stir).

STEP 3: Stir together remaining 5 tablespoons cocoa, cup brown sugar, and cup granulated sugar in a small bowl. Sprinkle evenly over batter in baking dish (do not stir). Gently pour boiling water over mixture in dish (do not stir).

STEP 4: Bake in preheated oven until edges are golden brown and mixture is set on top, 30 to 35 minutes. Serve cobbler warm with vanilla ice cream.