



Happy New Year 2022

Fontana Center News

"THE SECRET TO GETTING AHEAD IS GETTING STARTED."- Mark Twain

FONTANA CENTER FITNESS CHALLENGE 2022

New Year's resolutions are made every year with a "new year, new you" mindset. Taking the first step in fulfilling your New Year's resolution is usually the most difficult; however, the only way to reach the finish line is to start the race. So this year, to help our members fully commit to those resolutions, the Fontana Center will be hosting a 3 month **FITNESS CHALLENGE!!** Prizes will be given to monthly winners (that's right, more than one winner) plus, one grand prize winner will be mathematically selected based on physical improvements at the end of our challenge.

Please note: this challenge is **NOT** based on weight loss alone!! Categories included in the Fitness Challenge are: **Waist Circumference Measurement, Body Fat Percentage, and Body Weight.** Sign-ups and initial assessments for the challenge will begin **Monday, January 3rd.** Keep in mind, winners from each category will be announced **January 31st,** so the sooner you sign up, the better off your chances of winning will be. Additional winners will be announced **February 28th** and **March 31st.** Our grand prize winner of the 2022 Fontana Center Fitness Challenge will be announced **Friday, April 1st.** You may sign up at the front desk or in the gym with Jeff and Jess anytime on or before **Friday, January 22nd.** So...what are you waiting for?? Be brave! You can do this!! What is there to lose (besides a few inches, pounds or body fat percentages)?? Get started so you can get ahead!! You might be our 2022 Fontana Fitness Challenge Winner!!



BRING YOUR FRIENDS

Are you tired of listening to someone talk about how much they need go to the gym, how much weight they need to lose or how badly they need to get in shape? Well, we have the perfect solution. During the month of January, bring a friend or family member along with you to workout in the gym, pool or to any of our classes with you (on land or in the water)...**FOR FREE!!** Light the fire for your loved ones and get them moving in the right direction this year.

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Shelley Carter, Michelle Rivoire, Rachel Robertson, Hugh Robertson, Lisa B. Hebert, Teri Stevenson, Jim Leonard, Dennis LeCompte, Sr., Karen LeCompte, Bernice Dean, Adeline Feist, Jennifer McFarland, Alexandra Badeaux, John Forster and Claudia Harris

SWIMMING WORKSHOP

Mark your calendars for the next Swim Technique Workshop on **Monday, January 24th, and Wednesday, January 26th at 5:30pm,** or **Tuesday, January 25th, and Thursday, January 27th at 1:00pm!!** This workshop is for Fontana Center Fitness Members only and free of charge! **Please note:** general knowledge of and ability to perform life saving swim strokes is required. The workshop will cover basic swimming techniques you may not have practiced in awhile and should serve as a safe environment to become reacclimated with swimming laps. Reserve your spot at the front desk or call us at **337-234-7018.**



MEMBER SPOTLIGHT



We would like you to meet Monica Rubin! Ms. Monica is one of the hardest workers you will ever meet. As an employee at Sam's Club for 25 years, Ms. Monica knows first hand what standing on concrete all day can do to a person's knees. After having knee replacement surgery, her physical therapist recommended incorporating water therapy to speed up her recovery process. That's when Ms. Monica found the Fontana Center. Since becoming a fitness member in May of this year, she not only gained strength and flexibility in her injured knee, but also lost 20 pounds! Additionally, Ms. Monica said that prior to becoming a member and exercising in the water consistently, her energy level at the end of the day was non-existent. Now, she can't wait to get home from work, change into her swimming attire and come to the Fontana Center to workout. She has officially created a habit of exercising on a regular basis and feels like she can't live without it! Congratulations Monica!! We are so proud of you and love to see you shine!! Keep up the amazing work and progress!!

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



EASY CROCK POT BLACK EYED PEAS

RECIPE BY: [HTTPS://HELLOLITTLEHOME.COM](https://hellolittlehome.com)

INGREDIENTS:

- 1 (1-lb) bag dried black-eyed peas (pick over and rinse)
- 2 Carrots (sliced)
- 1 stalk celery (sliced)
- 1 medium onion (peeled and quartered)
- 3 cloves garlic (peeled)
- 2 chipotle peppers (in adobo sauce, diced small)
- 6 cups vegetable broth
- Salt to taste
- Add rice and/or chopped parsley (optional)

INSTRUCTIONS:

Add black-eyed peas, carrots, celery, onion, garlic cloves, chipotles (along with a few spoonful's of adobo sauce), and vegetable broth to a slow cooker. Mix well, cover, and cook on high 1.5 - 2hrs. (or low for 6 to 8 hours) or until beans are tender. Remove garlic cloves (or mash and mix into the beans) and large chunks of onion; season beans to taste with salt. Serve over rice; garnished with parsley (optional).

NUTRITION FACTS:

Calories 140; Total Fat 0.7g; Carbohydrate 30g; Fiber 8g; Sugar 7g; Sodium 1,283mg; Protein 4.5g



BLUEBERRY COBLER

RECIPE BY: LINDA CUMMINGS

INGREDIENTS:

- 1 20 ounce can crushed pineapple
- 1 can blueberry pie filling
- 1 box yellow cake mix
- 1 stick of butter
- 1/2 to 3/4 cups chopped pecans



INSTRUCTIONS:

In a 9" x 13" baking dish, pour the can of pineapple and spread in pan evenly. Then pour blueberry pie filling on top of pineapple and spread evenly over pineapple. Pour dry cake mix evenly (or spread) on top of blueberry pie filling. Cut up the stick of butter in pats and place evenly on top of cake mix. Sprinkle chopped pecans on top. Bake at 350 for 45 minutes.