



Fontana Center News

IT'S INDEPENDENCE DAY!!



If you're looking for a little excitement on the 4th of July, here are a few local venues that are hosting celebrations (...and they all include fireworks!):

Independence Day Celebration at Sugar Mill Pond — Sunday, July 3rd, 5pm - 9pm

201 Prescott Blvd., Youngsville

Broussard Independence Day Festival 2022 — Monday, July 4th, 5:30pm - 9pm

St. Julien Park, 701 St. Nazaire, Broussard

Uncle Sam's Jam at Downtown Lafayette — Monday, July 4th, 5pm - 9pm

Parc International, 200 Garfield St., Lafayette

Erath Fourth of July Celebration — Thursday, June 30th -- Monday, July 4th (fireworks at 9pm)

203 S. Broadway St., Erath

The fitness center will be also be open from 5am to 12pm Monday, July 4th, and Jeff Melancon will host a Fitness Weights class at 9am in the gym and Water Aerobics at 10am.

THE POWER OF MUSIC

Many people love listening to music while they work out, but it may surprise you to learn that there are proven scientific reasons why the two go together so well. Studies have shown that listening to music while you exercise can:

- Help you keep pace... "Music creates a rhythm response," says Scientific American, which is the tendency for people to synchronize their movements with the music. In the New York Times, Costas Karageorghis (an associate professor of sport psychology at Brunel University in England) says the best tempo is between 120 and 140 beats per minute (BPM).
- Elevate your mood, motivate, and distract you... A study published in Frontiers in Psychology found that people listen to music to improve their mood and find self-awareness. "Because music elevates mood it can motivate you to keep going and distract you from physical discomfort," says Scientific American.
- Make you exercise harder... A study by Karageorghis, published in the Journal of Sports Exercise Psychology, found that motivational music helped exercisers push through fatigue. An article published by the American Council on Exercise says that music can increase endurance during a workout up to 15 percent.
- Get you in the groove and make you want to move... A study published in Brain and Cognition reports there are qualities of music that excite the area of the brain that is responsible for movement, literally making you want to move.

So the next time you're in the weight room, don't be afraid to turn the music up!! But please remember to be courteous and respectful to those around you (especially if there is a massage in session). Or try one of our group fitness classes that is filled with a variety of music genres that's sure to get your toes tapping.

NEW CLASS ALERT! NEW CLASS ALERT!

ZYDEFIT is South Louisiana's newest fitness craze and Mrs. Jill Hernandez is bringing it to you here at the Fontana Center!! This group fitness class is designed to increase cardiovascular endurance, improve coordination and tone muscles, but more importantly, it's rich in culture and tons of fun! If you like Zydeco music, then you'll love ZydeFit because you'll be moving, grooving, and breaking a sweat to all of your favorite Zydeco tunes. Class times are posted in the July group fitness schedule so come check it out and LAISSEZ LES BONS TEMPS ROULER!!



MEMBER SPOTLIGHT



We would like to spotlight one of Fontana Center's most loyal members, Mrs. Becky Greig. Mrs. Becky joined the Fontana Center FitFam in 1998 (4 months after the fitness center first opened its doors). Mrs. Becky admits being a little hesitant at first on becoming a member of any fitness facility. Prior to becoming a member, Mrs. Becky was an avid outdoor runner, and at that time, exercising indoors did not appeal to her whatsoever. She claimed, "Running provides a scenery that you just can't get indoors." But now, she's glad her husband insisted they take the plunge and do some weight training together. Mrs. Becky also stated that her doctor is amazed by her bone density and muscularity. So what's her secret? "Being fit is a lifestyle," she said, "you have to make time and schedule working out during your day; otherwise, you'll find a reason NOT to make it to the gym."

Mrs. Becky's workout routine consists of cardiovascular exercise for 1 hour, 4 times per week, and on 2 of those days she incorporates weight/resistance training. Mrs. Becky, you are truly an inspiration and we are proud to play a role in your fitness journey. Keep up all that hard work!

We always enjoy hearing everyone's success stories so please share them with us. You might be in next month's Member Spotlight.

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Leah Babin, Angela Connolly, Adrianna Connolly, Emelia Connolly, Danielle Guidry, Lee Boyd, Lynette LeJeune, Darrell Guidry, John Jung, Joni Robison, Rikki Gary, Julia Lebleu, Teena Sparks, Lovenia Narcisse, Mary Duarte, Jamila Prejean, Steve Gary, Jennifer Moncrief, Alice Sonnier, Carol Rogers, Marlene Giesler, Nathan Freitag, Eadie Slimbach, Anne Crownover, Pamela Hall, Karen Waldo, and Gwen Simon.



GRILLED MARINATED TUNA STEAK

RECIPE BY: WWW.ALLRECIPES.COM

INGREDIENTS:

- 4 (4 ounce) tuna steaks
- 1/4 cup orange juice
- 1/4 cup soy sauce
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon ground black pepper

INSTRUCTIONS:

STEP 1: In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Place tuna steaks in marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.

STEP 2: Preheat grill for high heat.

STEP 3: Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

NUTRITION FACTS:

Serving Size: 1 4oz. tuna steak; Per Serving;

200 calories; protein 27.4g; carbohydrates 3.7g; fat 7.9g; cholesterol 50.6mg; sodium 944.6mg.

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