



## Fontana Center News

### HAPPY FATHER'S DAY!

Don't forget to mark your calendars!! This year, Father's Day will be celebrated on Sunday, June 19th. We would like to wish all fathers we hold near and dear to our hearts a very Happy Father's Day!



### DID YOU KNOW??

The Center for Disease Control and Prevention (CDC) has officially listed physical inactivity as a Covid risk factor. According to the CDC website, "People who do little to no physical activity are more likely to experience extreme sickness from Covid-19 than those who are physically active." Thirty minutes of moderate activity 5-6 days per week along with a resistance training routine twice a week is the recommended MINIMUM amount of exercise for adults. Exercise or physical activity is an essential part of being healthy so make sure to get your daily dose.

We already know your next question is, "Which activities are considered moderate? Moderate is actually referring to the intensity level of the activity. Moderately intense activity is usually made up of exercises that get your heart rate up to 50% to 60% higher than its rate when you are at rest. Here are a few examples of moderate activities given by [www.clevelandclinic.org](http://www.clevelandclinic.org) to help keep you on track:

*Walking two miles in 30 minutes*

*Biking five miles in 30 minutes.*

*Swimming laps for 20 minutes.*

*Running one and a half miles in 15 minutes.*

*Doing water aerobics for 30 minutes.*

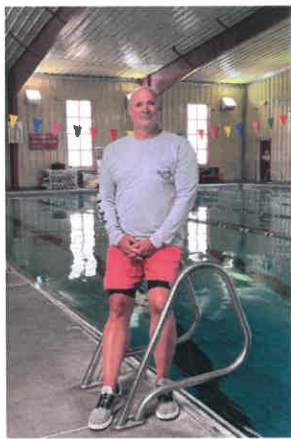
### NEW CLASS ALERT! NEW CLASS ALERT!

We are beyond excited to announce our latest class addition to the group fitness schedule! Get your dancing shoes polished and grab a partner for this one because the legendary Cal and Lou Courville will be teaching a Cajun Dance class upstairs in our group fitness studio starting Wednesday, June 1st, from 5:30—6:30pm, and will continue every Wednesday from 5:30—6:30pm for the month of June or indefinitely. If you lack experience; don't sweat it. This is a class designed for beginners! Our dance pros (Mr. and Mrs. Courville) will kickoff the dance class by teaching you all the basic steps to a Cajun Waltz and Two-Step, and then slowly progress onto teaching tricks and turns. Having a partner to dance with is NOT a requirement but it IS recommended. Our dance pros also recommend wearing shoes with a hard or slick bottom to help prevent your feet from sticking to the floor. Y'all come pass a good time, cher!!

### WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Steve Deville, Monissa Brothers, India Brothers, Karl Williams, Mary Laurent, Dwight Prudhomme, Diane Ferstl, Lorain Fontana, Julie Roy, Ellen Foret, Carole Lancon, Linda Landry, Queenie Lau, Nancy Christy, Durga Poudel, Casarah Burgess, Chris Tripkovich, Faith Raimer, Mary K. Blanchard, Carole Rogers, Ella Savoy, Marie Neal, Emile Babin, Sheila Homes and Clement Sibley

## MEMBER/STAFF SPOTLIGHT



We would like to introduce Mr. Glenn Armentor. Glenn started as a Fontana Center fitness member in September 2021 and is now one of our swimming instructors. His competitive swimming career started in 7th grade and continued at Comeaux High School and LSU. In the late 1980's, Glenn began competing in Masters swim meets which continued on until 2008. His coaching career started in 2008 when his oldest son was going to compete on the Comeaux High School Swim Team. But surprisingly, his son's involvement in swimming wasn't the reason why Glenn actually started coaching. His ultimate decision to coach was due to the number of drowning deaths in the state of Louisiana. Glenn claimed, "We are surrounded by water. How could anyone not understand the importance of learning how to swim?" He also confessed to almost drowning at the beach when he was just a kid, and from that moment on, Glenn made learning to swim a priority. Glenn stated, "Swimming is an addictive sport that works every part of the body (including the heart) and it can be done at

any age." His knowledge and passion for swimming is evident in his coaching style, and as the current swim team coach at ESA, he has a State Championship to prove it! We are so proud of your swimming accomplishments and extremely lucky to have you doing what you love to do most at the Fontana Center.

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

## RESERVED LAP LANES FOR SWIMMING LESSONS

As many of you are already aware, swimming lessons are in full swing, and will continue until the first or second week in August. Please note that the last 2 lap lanes are reserved for this specific activity and lessons take place at all times throughout the day. We appreciate your ongoing cooperation with this matter.



## SAUSAGE, PEPPER AND CAULIFLOWER FRIED RICE

RECIPE BY: [WWW.EATWELL101.COM](http://WWW.EATWELL101.COM)

### INGREDIENTS:

1/2 cauliflower head, cut into small florets	1/4 teaspoon red pepper flakes (optional)
1/2 red bell pepper, sliced	1/2 teaspoon garlic powder or minced garlic
1/2 yellow bell pepper, sliced	1 teaspoon Italian seasoning
1/2 green bell pepper, sliced	1/2 cup low-sodium chicken broth
1/2 onion, sliced	Salt and fresh cracked pepper
9 ounces smoked sausage, sliced (not ground sausage)	1/2 teaspoon Cayenne pepper, optional
3 tablespoons olive oil	1/2 teaspoon paprika, optional
	Fresh parsley, chopped

### INSTRUCTIONS:

In a food processor, reduce cauliflower florets to a rice consistency, then nuke for 7 minutes in the microwave with 2 tablespoons water. Set aside. Heat a large skillet over medium-high with 1 tablespoon olive oil. Add sausage and cook until browned on both sides, about 5 minutes. Remove sausage from skillet and set aside. In the same skillet with 2 tablespoons olive oil, add the peppers and onion, and saut for 4-5 minutes. Add garlic, Italian seasoning, salt, and pepper, cook until fragrant, about 1 minute. Add about 1/2 cup of chicken broth and whisk to combine. Allow the mixture to simmer for 1 minute, then add the paprika and cayenne. Stir in the cooked cauliflower rice and sausage until combined. Adjust seasoning with salt and pepper, if necessary. Garnish with chopped parsley and serve immediately. Enjoy!

### NUTRITION FACTS: Serving Size:

Calories per serving: 320.98cal; Fat: 29.72g; Protein: 8.74g; Carbs: 5.37g; Saturated Fat: 7.8g; Sugar: 1.11g  
Cholesterol: 36.84mg; Sodium: 687.57mg; Fiber: 1.25g

*\*Have an idea for the newsletter? Email [Jessica@fontanacenter.com](mailto:Jessica@fontanacenter.com) or call us at 337-234-7018.\**