



## Fontana Center News

### GIVE THANKS.....

Have you ever stopped to think about things you take for granted about yourself on a daily basis that you would be thankful for if it were gone? Look around the fitness center for our Thankful trees both upstairs and downstairs. Add a leaf or 2 to our trees telling us something about yourself that you're thankful for. Let the leaves be your own personal reminder to be thankful and kind to yourself. Here are some ideas from the Fontana Center staff members:

Charlotte: my hearing

Martha: my ability to listen to others

Jess: my physical ability to help people

Jill: my wonderful, supporting family and friends

Selena: being able to walk



### RESEARCH PROVES WEIGHT TRAINING IN OLD AGE 100% BENEFICIAL



According to an online article in [www.sciencealert.com](http://www.sciencealert.com), not one, but TWO insights have been discovered in recent research on weight lifting. Number 1: Weight lifting strengthens the connections between nerves and muscles. Number 2: The connection strength can happen later in life. We begin losing muscle fibers before the age of 40 (hence losing muscle mass) which is caused by the breakdown of motor neurons in our brain and spinal cord. Strengthening the connection between nerves and muscles helps to protect motor neurons in the spinal cord that are essential for a well-functioning body. Unfortunately, the loss of muscle fibers cannot be stopped; however, this new study shows that the process can be slowed down significantly with a consistent, moderately intense weight training regimen. Still not convinced? Here are some specifics from the study: From a group of 58 healthy men (average age of 72), 38 were asked to undergo a moderately intense weight training program (consisting of leg presses, leg extensions, leg curls, and 2 upper body exercises) 3 days per week for 16-weeks while the remaining 20 men were used as a control comparison. Researchers looked for physical evidence related to stability of connection between neurons and muscles in muscle biopsies taken from participants. In just 8 weeks, they found detectable changes in biomarkers as well as differences in muscle size and improved overall fitness. Researchers suggested that weight training earlier in life can build up 'reserves' for the body to fall back on, but starting a weight training program later in life can still make a significant difference.....IT'S NEVER TOO LATE!

*Weight Lifting in Old Age Does More than Just Keep Your Muscles Strong, American Journal of Physiology: Cell Physiology.*  
[www.sciencealert.com](http://www.sciencealert.com)

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

Marie Briley, Kay Dearborn, Carol Saucier, Bob Saucier, Dawn Reynolds, Sheryl Chiasson, Steven Cormier, Tanya Falgout, Yvonne LeBlanc, Alba Rosa, May Olivier, Jerome Mills, Patricia LaPorte, and Louise Vincent.



Welcome  
 Glad you're here!

## MEMBER SPOTLIGHT



We would like to introduce Mrs. Gai Pitre as our November Spotlight. Gai was born and raised in Malaysia but came to the United States in 1970 for college at LSU. In 1974, she graduated with her masters degree and returned to Malaysia, but in 1989, the United States became her permanent home. She had always been a physically active person, but believe it or not, life happened (marriage, traveling to and from Malaysia and the U.S., having 2 children, etc.) and she gained 50 pounds. Then, one day she became a “mother-of-the-bride” and decided she didn’t want to look like “a butterball turkey” in a dress. After doing a little research, Gai decided to try the Slim Fast diet plan and lost 45 pounds! And she has managed to keep it off with a sensible diet and plenty of exercise. Gai has also had 2 hip replacement surgeries and said she attributes her quick recovery and adaptation to her new hips from being in shape before surgery. This amazing lady is

75 years young and can run circles around most 20 year olds!! She plays pickleball and tennis on a regular basis and can be found dancing in any and all types of dance classes (dance fitness, line dancing, ballroom dancing and Zumba just to name a few). Her life advice for any and everyone is: “KEEP MOVING!” and don’t ever stop.

Mrs. Gai, you are such an inspiration and great role model to everyone you meet. We love your zest for life as well as your enthusiasm in our group fitness classes. Thank you for choosing the Fontana Center as your happy place! We always enjoy hearing everyone’s success stories so please share them with us. You might be in next month’s Member Spotlight.

## UPDATE ON JEFF (OUR FEARLESS TRAINER)

If you haven’t already heard the news about Jeff Melancon (one of our Exercise Physiologists), he is recovering from an accident which led to emergency surgery on a severed tendon in his shin. His stitches have been removed and he is now in a medical boot. He cannot walk without crutches and can only put a minimal amount of pressure on his injured leg. He will be testing his pain tolerance and ability to maneuver this week at UL, and if all goes well, he will grace us with his energetic presence next week at the Fontana Center for extremely light duty. He still has a long way to go before his leg will be completely healed and ready for a full workload. Please continue to keep him in your prayers.



## SOUTHWESTERN PUMPKIN HUMMUS

RECIPE PROVIDED BY THE OLD FARMER’S ALMANAC: READERS’ BEST RECIPES; BOYSTOWN 2022

### INGREDIENTS:

8 cloves garlic	3 teaspoons cumin
1/4 cup fresh cilantro	1 teaspoon salt
1/4 cup lime juice	1/2 teaspoon chili powder
1/4 cup tahini	1/2 teaspoon chipotle pepper (ground or flakes)
2 tablespoons pumpkin or olive oil	pumpkin seeds for garnish
1 can (15oz.) pumpkin puree	

### INSTRUCTIONS:

Combine all ingredients (except garnish) in a food processor. Blend until smooth. Transfer to a bowl and cover. Refrigerate overnight. Garnish with pumpkin seeds and drizzle with extra oil before serving. Serve with vegetables, crackers, or tortilla chips. *Makes about 2 cups.*

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