



Fontana Center News

HAPPY HALLOWEEN



Fall is officially in full swing and pretty soon, those little ghosts and goblins will be at your doorstep asking for candy. Halloween can be a challenging time of year if you are trying to lose weight or follow a non-chocolate diet (especially if you are a chocoholic). Handing out the "good stuff" can be just as difficult as deciding which candy to get! Here is a little bit of advice on how to manage the Halloween candy madness before it gets out of control. First, wait until the last minute to purchase the Halloween candy that you will be handing out. Out of sight, out of mind! Second, if you feel as though you must purchase candy early, get someone else in the house to hide it! Third, you always have the option to buy candy that doesn't appeal to you so it's not a big temptation once inside of your house. And last, when handing out candy, go ahead and give out handfuls (not just one or two pieces). Get rid of all your Halloween candy on Halloween night and don't worry about running out. Your waistline will thank you!

DID YOU KNOW?

Many of you already know the month of October is dedicated to breast cancer awareness, but did you know that it is also Adopt a Shelter Dog Month? If you are considering the possibility of adding a dog to your family, now is the time! Speaking from experience, adopting a shelter dog is a very rewarding experience. It's as if they know you saved their life and appreciate you so much. Visit one of our local animal shelters or go to www.petfinder.com to find the perfect adoptable K-9 companion. While at a shelter, try not to overlook older dogs or dogs who have been in the shelter for awhile. It is also important to ask an employee at the facility for any information they know about each dog. If you are unable to adopt a dog of your own, feel free to get in some quality "puppy therapy" time with our sweet mascot, Chester! Chester is usually available for therapy sessions in his office on Wednesdays. He is a great listener (especially if you have treats) and will sometimes give advice if you rub his belly long enough.



NEW CLASS ALERT— LIMITED TIME ONLY!

During the month of October, we will be offering a Fall Prevention class specifically designed to help our members stay on their feet. Look for "Workin' on Balance" in the October Group Fitness Schedule every Tuesday at 9am upstairs in the Green Room. The class will include exercises specifically designed to improve your core strength and overall stability that you can also do at home for some extra preventative measures! You won't want to miss this potentially life saving class. Don't forget to reserve your spot at the front desk or call us at 337-234-7018.

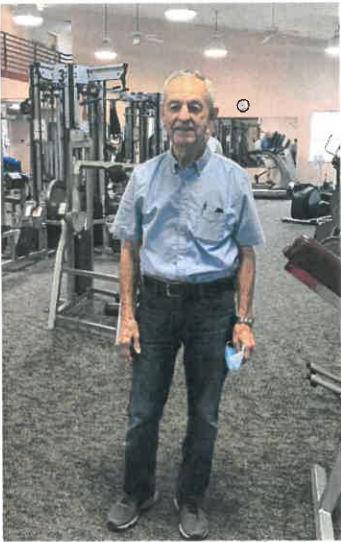


CONGRATULATIONS TO OUR
SEPTEMBER BIRTHDAY DRAWING WINNER



SIMONE PALMER

MEMBER SPOTLIGHT



We would like you to meet Mr. Cal Courville who just celebrated his 83rd birthday! After an eye opening visit to his doctor, Mr. Cal was told he was borderline diabetic and his blood pressure was not exactly an ideal reading. As instructed, he cut out some carbohydrates and sugars from his diet and lost 30 pounds. At that time, he was also seeing a physical therapist for back pain and soon realized that his daily aches and pains subsided after a therapy session. When his physical therapist released him 3 years ago, Mr. Cal became a Fontana Center fitness member....and we are so delighted to have him here! Mr. Cal contributes his now healthy heart to a regular exercise regimen of treadmill walking and weight machines. He is living proof that lowering blood sugar and blood pressure through diet and exercise are attainable goals. Mr. Cal says exercise makes him feel so good that he wants to do it for the rest of his life! He also confessed that because he exercises on a regular basis, he is now able to eat a few of those carbs he cut out of his diet previously. Mr. Cal, thank you for being such a wonderful inspiration! Keep up the great work!

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

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Glenn Armentor, David Harmon, Judy McIntyre, Amy Devall, Hilda Broussard, Sarah Moosa, John Forster, Carol Dore, Janet Viator, Donna Kimball, Simone Palmer, Diane Hebert, James Walker and Barbara Finley



PUMPKIN BARS III

by: Vicki Brown at www.allrecipes.com

INGREDIENTS:

4 large eggs	2 cups all-purpose flour
1 ½ cups white sugar	2 tsp. baking powder
1 cup vegetable oil	1 tsp. baking soda
1 (15 ounce) can pumpkin puree	2 tsp. ground cinnamon
1 tsp. salt	

FROSTING:

6 oz. softened cream cheese
6 tbs. butter, softened
3 cups sifted powdered sugar

INSTRUCTIONS:

Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix the eggs, sugar, oil, and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined. Spread batter evenly onto a greased and floured 9x13 inch pan. Bake at 350 for 25 to 30 minutes. Cool before frosting.

To make the frosting, cream together the cream cheese and butter. Add confectioners' sugar a little at a time, beating until mixture is smooth. Spread evenly on top of the cooled bars. Cut into squares.

Nutrition Facts Per Serving: 300 calories; protein 2.6g; carbohydrates 38.7g; fat 15.5g; cholesterol 46.4mg; sodium 286.25mg.