



## News from the Fontana Center

Monday, September 6th, Labor Day Fitness Center Hours: 5am—12pm  
Labor Day Fitness Classes: 9am Dance Fitness; 10am Fitness Circuit & 10am Water Aerobics

### ARE YOU READY FOR SOME FOOTBALL?



No matter which team you're rooting for, football season is always an enjoyable time of year. With the first day of fall on Wednesday, September 22nd, you can rest assured, cooler weather is just around the corner. Pep rallies, tailgate parties and home football games are always packed with good food and tons of fun so be sure to save time for your workouts during the week. Which colors will you be wearing this year to show your team spirit? Check out these websites for complete 2021 football game schedules for your favorite Louisiana teams: <https://ragincajuns.com/sports/football/schedule/2021>, <https://lsusports.net/sports/fb/schedule/>, and <https://www.neworleanssaints.com/schedule/>

### SWIM TECHNIQUE WORKSHOP II

Beginning Monday, September 13th through Thursday, September 16th, from 1:00 to 2:00pm, the Fontana Center will be holding another swimming technique workshop. This workshop is open to Fontana Center members only who have some basic swimming experience. It will cover stroke techniques for freestyle swimming, elementary backstroke and formal backstroke. Spots are limited! Be sure to reserve yours at the front desk or call us at 337-234-7018.



### MOVEMENT IS MEDICINE

In the 1980's, Dr. Robert Butler (director of the American Institute on Aging) stated, "If exercise and physical activity could be packaged as a pill, it would be the single most widely prescribed and beneficial medicine in the nation." That is a very powerful and true statement! Numerous studies by the World Health Organization (WHO) have confirmed the effects of physical INACTIVITY which include: hypertension, cardiovascular and cerebrovascular diseases, diabetes, depression, dementia and even death. In 2012, an estimated 5,000,000 deaths were related to NOT meeting physical activity recommendations. Studies have also proven that simply decreasing your total number of steps for 14 days is enough to increase your risk of type 2 diabetes.

On the optimistic side of things, science indicates a wide range of positive effects resulting from regular physical activity on aging and mortality. When compared to prescribed medicine, evidence supports physical activity as having equivalent effects of some of the best medicines. So why isn't physical activity prescribed and paid for by all healthcare providers? Good question, but until we get an answer, there is no time like the present to start a dose of preventative medicine....JUST MOVE! [www.ihrsa.org](http://www.ihrsa.org)

*(Mikel Izquierdo, PhD, IHRSA MEDICAL, SCIENCE, AND HEALTH ADVISORY COUNCIL)*



CONGRATULATIONS TO OUR  
AUGUST BIRTHDAY DRAWING WINNER

DIANE ROBIN



CONGRATULATIONS TO OUR  
BACK-TO-SCHOOL GIVEAWAY WINNER

GAI PITRE



## MEMBER SPOTLIGHT



Say hello to LYNETTE DUOS! Lynette is 90 years young and the proud grandmother of 14 grandchildren from her 4 children. She says fitness means everything to her and it's the reason why she is still here today. She has been an avid exerciser since before the Jane Fonda era and doesn't plan to stop anytime soon. Lynette has been a Fontana Center fitness member for 12 years and enjoys taking group fitness classes such as: Chair Aerobics, Cardio Drum Fit and POUND. It is not surprising that Lynette says she has met some of her closest friends here at the Fontana Center. She is always smiling (even when she's working out) and always has kind, uplifting words to say. Mrs. Lynette, we love your zest for life! You are truly an inspiration to us all!

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 TO THE FONTANA FIT FAMILY

Please help me welcome our newest members: Charlotte Hobgood, Liz Malhiet, Phillip Lafleur, Katherine Brown, Lee LeJeune, Linda Robins, Jonathan Judice, Becky Boutte, Kernie Boutte, Brandi Parfait, Donna Bordelon, Ann Groves, Stephen Simon, Vee Simon, William Thompson, Alicia Gibson, Steven Branch, Hope LeCompte, Dennis LeCompte, Max Bourque, Jennifer Lemoine, Dianne Alexander, Juliette Rice, Marsha Giessler, Erin Bayer, Bret Bayer, Doris Provost, Bonnie Hawkins, Sandra Danser, Jackie Rosette, Brian Abshire, Kathy Gawthrop, Susan Fontenot, Margaret Sikes, Marie Strong, Lori Trahan, David Hearne, Adele Guillot and Louis Guillot



**AVOCADO HUMMUS** from <http://www.eatingwell.com/recipe/256572/avocado-hummus/>

### INGREDIENTS:

1 (15 ounce) can no-salt-added chickpeas	1 cup tahini
1 ripe avocado, halved and pitted	1 clove garlic
1 cup fresh cilantro leaves	1 teaspoon ground cumin
1/4 cup extra-virgin olive oil	1/2 teaspoon salt
1/4 cup lemon juice	

### COOKING INSTRUCTIONS:

Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth. Serve with veggie chips, pita chips or crudites.

### Nutrition Facts Per Serving:

Serving Size: 1/4 cup per serving: 156 calories; protein 3.3g; carbohydrates 9.5g; dietary fiber 3.2g; sugars 0.3g; fat 12.4g; saturated fat 1.7g