



Fontana Center News

**LABOR DAY HOURS: MONDAY, SEPTEMBER 5TH
WE WILL OPEN FROM 5AM TO 12PM**

NEVER FORGET 9/11

So many of us have trouble remembering what we did yesterday, much less, 21 years ago on a specific date. Yet, somehow, many of us remember exactly where we were, who we were with, and what we were doing on September 11, 2001, when the Twin Towers in New York were destroyed. It was devastating, and quite possibly, one of those moments you felt utterly helpless. Or you may have even felt a twinge of guilt because we all know it could have happened anywhere in the United States. Never forget.



POOL ANNOUNCEMENTS



We are so excited, to officially welcome the Infant Swim Rescue (ISR) Program to the Fontana Center. ISR was introduced to us through a local non-profit organization: Mazie's Mission (whose goal is to help prevent infant drownings). The ISR Program begins Monday, October 3rd, and will continue for 6 weeks every Monday through Friday (ending Friday, (November 18th). Please note: the last lap lane will be reserved weekdays from 8:00am to 12:00pm for 6 weeks of ISR Program instruction. For more information about the ISR Program, please go to <http://www.infantswim.com/lessons/isr-lessons.html>. And, for more information about Mazie's Mission or to make a donation, go to <https://www.maziesmission.net>. We appreciate your patience, understanding and cooperation in accommodating this life saving program.

We have a brand new heater in the pool (just in time for cold weather)!! Here are some fun facts about heated pool temperatures: In an article by Katy Bergen of the U.S. Masters Swimming Organization, safe temperatures for recreational pools vary with activity type (www.usms.org/fitness-and-training/articles). According to the World Health Organization (WHO), "water temperatures ranging from 78 to 86 degrees Fahrenheit are comfortable and safe for those engaging in moderate physical activity in a pool." "High aerobic activity in high temperature water can be dangerous," according to the United States Water Fitness Association. Most multi-purpose pools incorporating lap, recreational, and water fitness swimmers across the country are typically kept at a temperature between 83 and 86 degrees. This may sound chilly, but once you start moving, and CONTINUE to move, it's really not so bad.

If you or a loved one were too busy for swimming lessons this summer, we offer private swim lessons year round for both children and adults. Call Jessica at 337-234-7018 to check our swim lesson schedule. IT'S NEVER TOO LATE TO LEARN HOW TO SWIM!!

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Brandi Bourque, Debbie Bryant, Tootsie Jourden, Sue Lamkin, Angie Broussard, Sandra Manuel, Terry Weekly, Carolyn Hallam, Wanda Coleman, Donna Stander, Mark LaGrange, Lana Trahan, Christy LeBlanc, Gai Pitre, Mary Beth Dumas, David Hebert, Joe Alibrandi, Madeline Turpeau, Diana Roy, Randy Boulet, Sandra Boulet, Nancy Tucker, Connie Landgrave, David Landgrave, Amanda Choate, Brian Delahoussaye, Elvie Delahoussaye, Mary Naquin, Judy Pier, Justin James, Ashley Broussard, Barbara Hebert, Rodd Richoux, Kay Richoux, Jessica Norman, Tina Bulliard, David Penney and Gail Penney.

MEMBER SPOTLIGHT



We'd like to introduce Mr. Chris Tripkovich. Chris is a relatively new member of the Fontana FitFam who has made tremendous progress since becoming a member 2 months ago. He has lost 20 pounds and 1.5 inches from his waistline circumference. Being a senior gas technician in the oilfield, Chris has put an excessive amount of wear and tear on his knees. His doctor recommended having both knees replaced, but at the same time, said he would not perform surgery until Chris was within a specific BMI (Body Mass Index) range. Determined to get a new set of knees, Chris has put in some serious work and admits he is now addicted to the gym!! Not only because he's had such quick results from exercising on a regular basis, but because of the wonderful people he's met at the Fontana Center along the way. He says the perks of performing regular exercise is astounding and he plans to continue on his exercise regimen post knee operations. And one of those perks was an

increase in his energy level. Chris claims he is now able to do things around the house that seemed impossible because of knee pain. Just recently, Chris successfully fixed one of the treadmills here at the Fontana Center! Such a great guy! If you need a handy-man, talk to Chris! He is always a joy to talk to and always willing to lend a helping hand. His advice for anyone thinking about joining any gym or beginning a workout routine is "JUST START, because you'll never finish!!" We are so proud and thankful to Chris for all of his successes. Keep up the hard work and dedication, Chris!

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

BACK TO SCHOOL SPECIAL

For the month of September, NO EVALUATION FEE!! Now is the time to tell your friends and family to sign up! Not only will they save money, but YOU will also get \$10 off the next month's membership dues. Spread the news!



STUFFED BREAD RECIPE BY: JANICE PLAISANCE



INGREDIENTS:

- 3 loaves of frozen bread
- 1 package of Jimmy Dean breakfast sausage
- 1 package frozen spinach
- 1 lb. mozzarella cheese

INSTRUCTIONS:

Allow frozen bread to defrost and rise (can be done in refrigerator or just leave it out on the counter). Place frozen spinach in a strainer while it defrosts. When spinach is thawed, use paper towels to absorb as much moisture possible. Brown sausage and remove as much grease possible then place sausage and spinach in food processor. Grind together until it becomes a smooth paste.

Once bread has thawed and risen, place one loaf at a time on a floured surface and roll out into a rectangle. Gently smooth spinach/sausage paste across bread and sprinkle with shredded mozzarella cheese. Roll bread loaf up in a jelly roll fashion and place roll on a greased pan. Cover with wax paper and let it rise until it is double in size.

Bake each loaf at 350 degrees for 30 minutes or until golden brown. When removing bread from oven, gently brush with melted butter. Allow loaf to cool for a few minutes and then cut into slices. Enjoy!