



2021 IS



Saying goodbye to 2020 will be the highlight for almost everyone this New Year. Ringing in 2021 will be quite different from past New Year's celebrations but some resolutions will more than likely stay the same. How many years have we all made the promise to ourselves to get in shape starting THIS new year? If there is anything gained from 2020, it was a powerful wake up call that getting and staying healthy should be at the top of our priority lists. Although knowledge is power, unfortunately, it doesn't make following through with this resolution any easier. Here is some advice from the author of "Atomic Habits" on the best way to start a new habit:

1. **Create an implementation intention....** This is a plan made beforehand about when and where to act; or how you intend to implement a particular habit. The strategy for implementation intentions is to fill in the blanks of the sentence: I will {BEHAVIOR} at {TIME} in {LOCATION}.
2. **Habit Stacking....** Identify a current habit you already do and pair it with the new habit instead of with a particular time and place. The formula for habit stacking is filling in the blanks to this sentence: After {CURRENT HABIT}, I will {NEW HABIT}.

**This information, additional information and details on how to start a new habit can be found in the book: "Atomic Habits" by James Clear (2018).*

MEMBER PERKS:

REFERRAL INCENTIVE PROGRAM, BRING A FRIEND EVERY DAY IN JANUARY and NO EVALUATION FEE IN JANUARY: Beginning January 1st, the Fontana Center will give its members \$10 off membership fees for 1 month for every referral that becomes a member-so tell everyone you know about us! We would like our Fitness Family to grow with the ones that YOU love and NOW is the perfect time to get your loved ones on the right track to good health. Believe it or not, you just might change or even save someone's life by simply introducing them to the Fontana Center. And did we mention NOW is the perfect time?... That's right; **NO EVALUATION FEE JANUARY 2021!** During the month of January, all new members will complete their fitness evaluation free of charge! So go! Spread the news! Tell ya maw; tell ya paw, brothers, sisters, and anyone else you know all about us OR just invite them to come to the Fontana Center with you **EVERY DAY** during the month of January at no cost. You read correctly! Also during the month of January, all current members may bring a guest in with them every time they walk through the door.



We are also adding a **NEW SERVICE:** a 45 minute "**TUNE-UP SESSION**" to keep you on track with your fitness goals and check your progress for only \$10 (valued at \$40/session). Our exercise physiologists will meet with you for another fitness evaluation to freshen up your workout routine, answer any exercise & diet related questions you may have, and double check your exercise form to keep you free from injury. Be sure to schedule your tune up to start the New Year off on the right foot!

And if that isn't enough, we've added a lagniappe member perk: Because our members pay on a month to month basis with NO contract to fulfill, for each month a member chooses to prepay, we are offering a free "Tune Up Session." Prepay for 3 months and receive 3 "Tune Up Sessions" (1 session during each prepaid month). This is an excellent opportunity to stay on target and accomplish your fitness goals this year.



CONGRATULATIONS TO OUR NOVEMBER AND DECEMBER BIRTHDAY DRAWING WINNERS:

Lana Garber (NOVEMBER)
Mary Ann Schneider (DECEMBER)

According to the American Heart Association, February is American Heart Month and is dedicated to heart health awareness. Did you know that heart disease is the number one cause of death in the United States? One in every 4 deaths is a result of heart disease. It is also known as the silent killer

due to its unpredictable nature. Be sure to talk to your doctor if you experience any of the following symptoms as these are strong indicators of a potential heart attack or stroke: shortness of breath, fatigue, lightheadedness, chest pain, arm pain or weakness and/or nausea. Risks of heart disease can be lowered with balanced nutrition and regular exercise, so keep your heart healthy and head to the Fontana Center! www.heart.org

When it comes to less serious matters of the heart, LOVE, romance, flowers and chocolate all come to mind as we celebrate Valentine's Day this year on Sunday, February 14th. What better way to kick off the Valentine's Day celebration than with a few stories and a little advice from some lovebirds here at the Fontana Center:



Mr. Hugh and Mrs. Jane Smith; married for 29 years; from the same hometown, have known each other all of their lives and managed to keep in touch with each other throughout the years. When asked what they felt was the key to a successful marriage, their response was: communication, respecting each other's opinions without trying to change them, and keeping God first in their lives. Mr. Hugh also added that once you say something, it can't be taken back so ask yourself if Jesus would approve of what you are about to say before it comes out of your mouth.

Mr. Paul and Mrs. Rose Fontana; married for 39 years; they met while working in the same hospital (but not on the same floor). Mrs. Rose (who was working as a Unit Secretary) attempted to throw Mr. Paul (who was working as an Occupational Therapist) out of the hospital. At the time, Mr. Paul did not appear to be someone who worked in the hospital (with his long hair, beard and regular street clothes), and Mrs. Rose did not believe he was an OT at the hospital. Two weeks later, Mrs. Rose asked Mr. Paul to see a play with her at the theatre and the rest is history! Their keys to a successful marriage: communication and keeping Christ first in their lives and in their marriage.

Mr. John and Mrs. Sylvia Turner; married for 57 years; met on the first day Mr. John began his teaching career at UL. He claims Mrs. Sylvia was the first woman he laid eyes upon and that she drummed up a bunch of questions just to have a reason to talk to him. Mr. John said that the key to a successful marriage is not just loving your spouse; you must genuinely like them and enjoy their company.

Mr. Cal and Mrs. Lou Courville; married for 62 years; they went to school together and became high school sweethearts; their secret to a long and successful marriage is to be thoughtful, loving and kind to your partner, use manners no matter how long you have been together. Mr. Cal also added that you should know who the boss is (as he pointed to Mrs. Lou)!

Thank you all for sharing your stories. You are truly an inspirational to us all!



Grilled Purple Cabbage Wedge Salad—by Cooking Light

- 1 medium head red cabbage (about 3 lb.)
- 2 tablespoons olive oil, divided
- 1/4 cup plain whole-milk Greek yogurt
- 3 tablespoons mayonnaise
- 3 tablespoons whole buttermilk
- 2 1/2 teaspoons fresh lemon juice
- 1 medium garlic clove, grated
- 1/2 teaspoon kosher salt
- 2 ounces feta cheese, crumbled (about 1/2 cup)
- 1/4 cup chopped fresh chives
- 1/2 teaspoon ground sumac or Aleppo pepper

Step 1: Light a charcoal chimney starter filled with all-natural lump charcoal; let burn until completely gray, about 30 minutes. Dump charcoal into a fire pit or grill (under grill grate); let burn, uncovered, until smoldering, about 30 minutes. Fan the outer layer of ash off coals. Rub cabbage with 1 tablespoon oil; place directly on hot coals. Cover and cook, turning occasionally, until tender and charred on all sides, 2 hours and 30 minutes to 3 hours. Remove from coals; let stand until cool enough to handle, about 30 minutes. Discard outer charred leaves. Cut cabbage into 6 wedges; remove core.

Step 2: Whisk together yogurt, mayonnaise, buttermilk, lemon juice, garlic, salt, and remaining 1 tablespoon oil in a bowl until smooth. Drizzle over wedges. Sprinkle with feta, chives, and sumac.

Calories 190
Fat 13g
Saturated fat 3g
Unsaturated fat 9g
Protein 8g
Carbohydrate 20g-
Fiber 9g
Sugars 10g