

The month of July brings two new classes to our schedule...



Line Dancing

SoulCore is a movement that strengthens body & soul by combining the prayers of the rosary with core strengthening, stretching and functional movement. The main focus of SoulCore is the prayers of the rosary, the physical movement component will vary and can be modified for all fitness levels. Classes will be led by Catherine Broussard. **Classes will be offered on Monday and Wednesday @ 8:30am.**

Always wanted to get on the dance floor and join the group in a line dance? Then our new line dancing class may be just what you need! The class will teach the steps to a wide range of new and old line dances, no experience needed! Everyone is welcome to come in and enjoy music, fun and dancing all while getting in a cardiovascular workout. Join Jill on **Thursday's @ 12:15pm** and bring a friend too!

TRY SOMETHING NEW



It is unfortunate that social media often gets a bad rap for spreading lies, hate and misinformation when it can be used to spread good words, good news and good information.

We want to use our presence on social media to spread the good! Get tips from our trainer Joshua, learn info on proper nutrition, benefits of massage and get to meet our spotlighted members. We invite you to look us up, 'Share' and 'Like' us on Facebook and Instagram. You might be surprised to see yourself in action in one of the weekly posts! Find us on Facebook as The Fontana Center and on Instagram @fontanacenter



In The Center

JULY/AUGUST 2019

Better Bones

As the body goes through the natural aging process, bones and muscles unfortunately become weaker. One initial warning sign or diagnosis may be bone loss or osteopenia and if left untreated can lead to osteoporosis. Bone is a living tissue and in order to keep it strong, your body breaks down old tissue and replaces it with new tissue. This process starts to slow as we enter the 40-50 year age range and it can come to a point where more bone is broken down than is being replaced. This causes weak and brittle bones that are at greater risk for fractures and breaks. But, the good news is, progression of bone loss can be controlled or prevented if the right actions are taken. Proper diet, exercise and medication all play a role in maintaining healthy bone tissue.

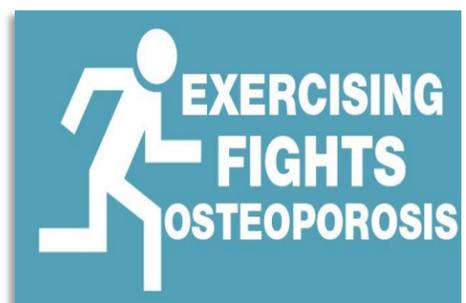
- A proper diet should include foods rich in calcium and vitamin D. This does not only mean dairy but also items such as tuna, salmon, and dark green leafy vegetables.
- When exercising, focus on weight bearing and muscle strengthening. Weight bearing includes any activity that causes you to move against gravity while staying upright. Things such as walking, dancing, stair climbing, low impact aerobics and elliptical trainers are a few examples. Strengthening exercise is any type of resistance training that adds an outside force that must be moved against gravity. This can include hand weights, resistance bands or balls, weight machines or even your own body weight.
- Many different medications are available, some of which slow the progression of bone loss and others actually increasing bone density. Consult with your physician on which might be the best choice for your situation.

SPECIAL POINTS OF INTEREST:

- Heat Illness
- Recipe Revise
- Better Bones
- Reminders

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Fontana's Favorite Eats

In this issue of Favorite Eats we are offering “No Bake / No Cook” breakfast and snack options. With the summer heat upon us, these are great ideas to keep you feeling refreshed and your kitchen cool.

Chocolate Energy Bites

Ingredients:

1/2 c almond or creamy peanut butter
 1/4 c + 2 TBS honey
 1 tsp vanilla extract
 3 TBS unsweetened cocoa powder
 1 c old fashioned oats (raw)
 3/4 c toasted or raw coconut
 1/2 c flaxseed meal
 6 TBS semi-sweet chocolate chips
 4 tsp warm water (as needed)

Directions: (wash hands well)

- in mixing bowl, stir together almond/peanut butter, honey, vanilla & cocoa powder (add water if needed)
- Add oats, coconut, flaxseed, & chocolate chips and stir
- Transfer mixture to refrigerator or freezer until set
- Remove from refrigerator and roll into 1 inch balls
- Store in air tight container in fridge

Overnight Blueberry Oatmeal

Ingredients:

1/2 c + 2 TBS quick cook oats
 1/2 c milk (your favorite variety)
 3 TBS light brown sugar
 1 tsp ground cinnamon
 1/2 c fresh blueberries
 Pecans / Honey (optional)

Directions: (wash hands well)

- in a mixing bowl, stir together oats, milk, brown sugar & cinnamon
- Once mixed, fold in blueberries
- Divide into 2 small bowls, cover and refrigerate overnight
- Drizzle, as desired, with nuts, honey, blueberries

Thursday, July 4th: Open 4:45am—Noon

Classes: PowerWaves @ 9am, Yoga @ 10am



Health of Aging

Aging and Exercise

“Growing Old is NOT for Sissies”! Many can attest that this is a statement that reigns true as bodies go through the natural aging process. Research has documented that diseases, disorders and disabilities often associated with aging are closely linked to lifestyle, exercise and diet. The diseases that are related to lack of exercise and sedentary behaviors include: sarcopenia (loss of muscle mass), osteoporosis, obesity, diabetes, hypertension, coronary artery disease, anxiety and depression, and arthritis, to name a few. Although exercise alone may not prevent the occurrence of disease, it can be used to slow the rate of progression and rehabilitate from disease symptoms and side effects.

Besides physical benefits, exercise can also be used to enhance mental clarity along with social interaction. Studies have found that social isolation, amongst the elderly, increases risk of high blood pressure, heart disease, obesity, depression, Alzheimer's disease, and mortality. For many older adults, getting out into the community for social engagements may no longer be an option so they take advantage of other opportunities and often times that might be while exercising. So, keep in mind, the person on the side of you may be talking while exercising, but it may be the only interaction they get for the day or even week.

What type of exercise should be chosen? The answer will depend on the specific goals that are trying to be met, but generally a program should include cardiovascular, strengthening and stretching exercises.

Cardiovascular: the emphasis of this type of exercise is to improve the efficiency of the heart and lungs. Cardiovascular exercise should involve large muscle groups, increase heart rate and respiration, and must be able to sustain for a minimum of 20-30 minutes.

Strengthening: the emphasis of strength training is two-fold...increase strength and endurance of muscles and build bone density. In order to see gains in muscle strength and endurance the muscle must be over-loaded. This means using a higher than normal resistance, weight or volume when doing exercises. These same types of exercises also put stress on the bones and encourage ‘bone forming cells’ to become more active resulting in stronger bones.

Stretching: the goal of stretching is to increase range of motion of a joint and surrounding tissues. A proper stretching program can improve posture and balance, reduce pain, and ease activities of daily living.

Want your own ‘anti-aging’ workout? Schedule an appointment with Joshua or Monica to discuss!