



In The Center

Fitness Center Holiday Hours:

November 26th - CLOSED
 November 27th - 8am to 12pm
 December 24th - 8am to 12pm
 December 25th - CLOSED
 December 31st - 8am to 12pm
 January 1st - CLOSED

NEW FITNESS CENTER HOURS EFFECTIVE NOVEMBER 1ST!!
 MONDAY - FRIDAY 6AM TO 7PM
 AND
 SATURDAYS 8AM TO 12 PM

Mark your calendars: **EVERY SATURDAY IN NOVEMBER IS "BRING A BUDDY" DAY!** Bring a friend or family member with you into the gym, to the pool or one of our group fitness classes for a great workout free of charge. Remember to include your buddy's name when scheduling your classes.

HAPPY HOLIDAYS!

This time of year is typically filled with lots of good food, family, and tons of...well, let's be honest, STRESS! Add in the hustle and bustle of holiday traffic plus shopping for people who are impossible to shop for, and the holidays can become "hell-a-days!" The solution to your holiday stress is simple and waiting for you right here at the Fontana Center. According to numerous studies, the number one stress reliever is EXERCISE! In an article medically reviewed by Peggy Pletcher, M.S., R.D., L.D., CDE, Robin Madell states, "Physical activity can help lower your overall stress levels and improve your quality of life, both mentally and physically. Exercising regularly can have a positive effect on your mood by relieving the tension, anxiety, anger, and mild depression that often go hand-in-hand with stress. It can improve the quality of your sleep, which can be negatively impacted by stress, depression, and anxiety. It can also help boost your confidence levels." <https://www.healthline.com/health/heart-disease/exercise-stress-relief>

Health psychologist Kendall-Tackett gives advice on how to stay stress free during the holidays. One piece of Kendall-Tackett's advice is to take care of your body: "Only eat the holiday treats you really want. You will save yourself from consuming extra calories. Go to bed at the same time you normally do every night. Avoid staying up late to get holiday preparations finished. Attend the parties/family gatherings most significant to you and spend quality time there instead of running around trying to fit them all into your schedule. Limit your alcohol intake for multiple and obvious reasons." <https://scholars.unh.edu/cgi/viewcontent.cgi?referer=https://scholar.google.com/httpsredir=1&article=2257&context=news>



Greek Seven-Layer Dip - From the American Heart Association

Serving Size: 1/4 cup dip and 3 pita wedges; Serves 8

Ingredients:

- 1 1/2 6-inch whole-wheat low sodium pita pockets cut into 12 wedges (separate tops & bottoms to make 24 wedges total)
- Cooking spray
- 1 cup no-salt-added chickpeas, rinsed, drained
- 1 tablespoon fresh lemon juice
- 2 tablespoons water
- 1/8 teaspoon pepper
- 1 cup loosely packed baby spinach, thinly sliced (about 1 1/2 ounces)
- 1/8 teaspoon dried oregano (crumbled)
- 1/2 medium tomato, finely chopped (about 1/3 cup)
- 1/4 medium cucumber, peeled and finely chopped (about 1/3 cup)
- 1 tablespoon chopped mint
- 2 tablespoons crumbled, fat-free feta cheese

DIRECTIONS: Preheat oven to 400°F. Arrange pita wedges in single layer on large baking sheet without overlapping. Lightly spray tops of wedges with cooking spray. Bake for 5 minutes or until lightly browned and slightly crisp (pita wedges will crisp more when cooled).

In a food processor or blender, coarsely chop chickpeas. With food processor/blender running, slowly pour in lemon juice and process until blended. Add water and pepper. Process until smooth.

Arrange spinach on a serving plate. Gently spread chickpea mixture on top, leaving a border of spinach. Sprinkle oregano over spread. Arrange tomatoes on spread. Top, in order, with cucumber, mint and feta. Serve with pita wedges.

Cooking tip: Pita wedges and chickpea mixture can be made one day ahead. Store pita wedges in air tight container at room temp. Cover and refrigerate chickpea mix. The remaining ingredients can be chopped and stored in fridge up to 8 hours in advance, but dip should not be assembled until right before serving.

NEW GROUP FITNESS CLASS ALERT!! Try our new Noga class on Wednesday mornings at 8:15am. The name is a little tricky (no it is not a typo), but do not mistake our Noga class for traditional Yoga. Noga is inspired by Yoga poses, breathing techniques and meditation without the spiritual and chanting components of Yoga practice. So bring your mat and an open mind to reap the benefits of this 30 minute class which include increased flexibility, improved balance, stress relief and more!

FRIENDLY REMINDERS: Schedule your group fitness classes ahead of time every month. Because our group fitness class schedule changes every month, you may reserve your spot one month in advance but please renew your reservation with a staff member or online at the beginning of each month. This helps us to keep you safe through social distancing regulations and also informs us on which classes and class times you enjoy the most.

When leaving the pool, please be sure to dry yourself off completely before re-entering the building. Some of our members walk with assistance and are at a higher risk of falling (especially on wet floors) so please be mindful, cautious and courteous. Thank you for your cooperation.



Congratulations to our birthday drawing winners Calvin Courville (September) and Janet Thomas (October). Mr. Cal won a 30 minute personal training session with Jeff Melancon, and Janet won 2 one day passes for a friend to join her for a workout plus 4 snack packs. Be sure to fill out an entry slip during your birthday month and drop it into the Birthday Gift Bag located in the lobby for your chance to win!

MEMBER SPOTLIGHT

If you have not already had the pleasure of meeting one of our favorite members, we would like to introduce you to Mrs. Norma Magnon. Norma has been a member of the Fontana Center for 7 years. She is 86 years young and originally became a member to stay fit after retirement. She took Pilates, aerobics classes and worked out in the weight room. She has always been dedicated to her health. Then, 4 years ago, Norma had a stroke. As soon as her doctor gave the okay, she returned to the gym and has gradually made her way back to increased mobility, balance and strength. She now comes to the gym 3 days a week to cycle and lift weights. Norma's doctor said that her previous level of fitness was a factor in her speedier recovery. She agrees!

Norma grew up in Opelousas but graduated from high school in New Orleans and received her teaching degree at USL. She taught 5th grade for 32 years at Plantation Elementary in Lafayette—outlasting 3 principals! Her favorite subject to teach was Language Arts. Norma has 5 children (2 are twins), 12 grandchildren and 10 great grandchildren. She is a great seamstress and sewed many of her children's clothes out of necessity years ago. She even sewed her daughters' wedding dresses. Norma lives in the same home she and her husband built in 1970, and although her husband Kenneth passed away in 2011, she is able to stay in her home with help from her family and a Home Health assistant. These days, she enjoys coming to the gym, reading mystery novels, and being with her many loved ones (last Thanksgiving there were 24 at the dinner table!). Norma is an inspiration and cherished member of our Fontana Center Family.

Be sure to check out our Facebook page to see Mrs. Norma's picture and more interesting facts and information about the Fontana Center.

A PERSONAL NOTE TO OUR MEMBERS:

During the holidays, let us all remember to give thanks for our blessings both big and small, express gratitude to those we love and cherish every moment we have with them. On behalf of all the staff at the Fontana Center, we would like to say thank you to our members for being the greatest people any fitness facility could ever ask for. We appreciate your continued support and look forward to helping you stay dedicated to your fitness journey as well as accomplishing your fitness goals. Happy Holidays!!