

# In The Center

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## Now Hear This!

### **Happy New Year!**

Another year has come and gone! It is now time to look forward to new beginnings with a new outlook. Forget New Year's resolutions and think lifestyle modification and attitude change. The fact is, 80% of resolutions fail after one month. That is why we suggest modifying small things in your life that can make a big difference. In order to keep yourself in the right frame of mind:

- \* **Start with small changes**
- \* **Set short term / realistic goals**
- \* **Have a plan**
- \* **Pat yourself on the back**
- \* **Talk to friends and family**

Most importantly, make lifestyle modifications for yourself. Set your mind to positive thinking and resolve to change!

### **New Year... New You**

For the month of January, we will be offering half off of all fitness evaluations for new members. This is the perfect time get back on track with exercise and a chance to create a "new" healthier you!

If you are currently a member, encourage someone to join us. For motivating your friends/family to exercise, we will give you \$20 off your monthly fee. Please remind them to mention your name when joining!

### **Program Update**

The Fontana Center will now be part of the Silver Sneakers Fitness Program! This program is part of Humana's Medicare Advantage Plan. As a member of this plan, you are allowed access to a fitness center in your area with no extra fee. Fontana Center will be the fitness facility available to members in the Lafayette area. If you are already a member of the Humana Advantage Plan, look for more information to come to you in the mail. If you are not a current member of The Plan, please stop by the Fitness Office for more information or log onto [www.silversneaker.com](http://www.silversneaker.com).



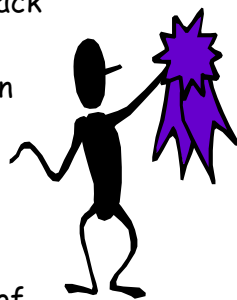
### **Auto-Debit Accounts**

As many of you know, we now offer auto-debit from bank accounts for fitness payments. If you are already enrolled in this program, please be patient with our progress. We are asking that you give us extended (3-5 days prior to the month end) notice for holds and/or cancellations. This will allow us time to process your request and assure your banking account does not get automatically drafted. If you have any additional questions concerning this process, please contact the billing department.

**Stuck in a Rut...?**

Do you find yourself having trouble getting out of bed, skipping daily workouts or making up excuses not to stop in at the gym? These are all signs that your workout may need a little tune-up. These tips may help you to find that lost motivation.

- \* Vary your routine or change your scenery - try out a new class or do cardio outdoors
- \* Try something entirely new - especially something you never thought you would i.e. water aerobics, Yoga...
- \* Find a workout partner - skipping a workout is less likely if someone is waiting on you
- \* Set a new, exciting goal - don't just workout to stay in shape, instead set your mind to something specific - a 10k race or swimming a mile
- \* Treat yourself to a new gadget or accessory - purchase a heart rate monitor or an MP3 player to keep yourself on track
- \* Keep an exercise log - this allows you to track of your progress
- \* Missed a workout? - don't beat yourself up, instead get right back on track
- \* Reward yourself - when you have reached your goals, give yourself a reward i.e. massage, dinner out...
- \* Focus on the benefits of exercise - remember how good exercise makes you feel and look
- \* Last resort - take a break from your workout. Fatigue and injury may be your body's way of letting you know it needs a break!



**Eating on the Run**

Even though the Holiday Season is behind us, you may still find yourself craving those not so good for you treats. These helpful hints may help to ease you back into more healthful eating.

- \* Munchy & crunchy - walk right past the regular potato chips and grab a bag of Baked Lay's Original Chips - this will save you 50 calories & 10 grams of fat per ounce
- \* Soft & sweet - still craving chocolate doughnuts, order three glazed chocolate doughnut holes - 160 calories instead of 350 and 8 grams of fat instead of 20
- \* Solid & satisfying - want to reach out for that candy bar, instead reach out for a Chocolate Chunk Quaker Chewy Low-Fat Granola Bar - 2oz candy bar: 280 calories & 14 grams, granola bar: 110 calories & 2 grams of fat
- \* Thick & juicy - ease of fast food still pulling you in? Stop into Burger King and order a Whopper Jr. - fat grams across all fast food burgers lingers right at 20 grams but calories for BK = 370, McDonald's quarter pounder = 410 and Wendy's burger = 430. Hold the mayo on a BK burger and save an additional 100 calories
- \* Brunchy & beautiful - weekend brunch time menu, classic eggs Benedict: 892 calories & 72 grams of fat! Try a less scary version that can be found in Easy Home Cooking magazine for only 237 calories & 6 grams of fat

