In The Center

CWR @ The Fontana Center
709 Kaliste Saloom Rd.
Lafayette, LA 70508

May / June 2011
PH: 337-234-7018
Fax: 337-234-3347
www.fontanacenter.com

Now Hear T

Soles4Souls

Thanks to all of you who brought in donations for the Soles4Souls shoe drive, we never imagined it would be so successful! Many struggling/needy people around the world are smiling because of your giving. Thanks again!

Summer is Here

With the Summer months upon us, we would like to take this time to remind you about the increasing activity that you will see around the Fontana Center. Group swimming lessons will begin Monday, June 6th and will continue, in two week sessions, through Thursday, August 4th. This will mean much more activity in the pool, restroom and lobby areas. We will do our best to keep the noise level and distractions to a minimum, but please bear with us as we teach these little ones how to become safe in and around the water. If you would like more information on our swimming lesson program, please speak to Monica or Christina.

Don't forget your water! With warmer weather its very important to keep yourself hydrated, even while participating in water activities. We encourage you to bring a water bottle each time you visit the facility.

Member Appreciation

Just to show how much we appreciate each and every one of you, we will be hosting a "Member Appreciation Day" on Wednesday, May 18th. We will have snacks and prize drawings throughout the day.

On this same day, we will also be participating in the National Silver Sneakers Day. We will do a one-time **Silver Sneakers "FUN" class @ 10:10am on Wednesday, May 18th**. Lets try to make this one of our biggest classes ever. Please join us!

National Institute on Aging

The National Institute on Aging has launched a new campaign called "Go4Life". Go4Life is an exercise and physical activity campaign designed to help fit exercise and activity into daily life. The program is offering exercises, motivational tips and free resources to help you get ready to increase your current activity or to simply get started.

We will have some of the materials available here at the facility; however, you can log onto www.nia.nih/go4life to get more detailed information or to print/order your own materials.

Go4Life™ from the National Institute on Aging at NIH

Class Schedule Update

Effective May 1, 2011, due to low attendance, the **3:30pm Deep Water Wednesday & Friday** classes will be **cancelled**. We hope to bring this class back to the schedule in June. Please fill out a class survey for us to better serve your needs.

The **Friday, 4:30pm PowerWaves** class will **remain on the schedule through the month of May**. We will continue to monitor attendance of the class, so please keep up the participation.

_____Mark your calendar for Wednesday, May 18th! We will have a one time SilverSneakers "FUN" class @ 10:10am.

Sunscreen Know-How

It is always recommended that sunscreen be worn anytime you will have prolonged exposure to the sun's rays. But even with all the information out on the importance of sunscreen, many people still are not properly using the product. Three factors to consider when purchasing and applying sunscreen are:

- spectrum of UV absorption (SPF)
- amount of sunscreen applied
- frequency of application

The two types of ultraviolet rays that penetrate our skin are UVB and UVA. The UVB rays primarily affect the outer layer of the skin and are the main cause of sunburns. The affects of these rays differ depending on time of day and year. The UVA rays penetrate deeper into the layers of our skin. These rays do not vary at time of day or year.

The SPF of a sunscreen measures protection against UVB rays. There is no real way to measure protection of the UVA rays. When choosing a product, go for broad spectrum protection with a minimum 15 SPF and should contain: avobenzone, titanium dioxide, or zinc oxide.

One of the main concerns with sunscreen use is the amount of product that is applied. Most people only apply 25-50% of the amount they should. Your sunscreen should be applied liberally (should form a film when initially applied) and at least 20-30 minutes prior to sun exposure. It should also be applied daily. Research has shown that applying a low SPF protection daily is more effective in preventing skin damage than wearing a higher SPF intermittently.

Reapplying sunscreen is often a concern with prolonged sun exposure. Most labels say apply "frequently" but don't define how frequently. Most experts suggest reapplying after two hours of sun exposure. But some say a second application may be required after only 30 minutes of sun exposure due to the fact that most people do not apply enough sunscreen with the initial application. We should also remember to slather on more after swimming, excessive sweating and/or towel drying our skin.

Business as usual...Join us for a work out!