

In The Center

*CWR @ The Fontana Center
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*September / October 2011
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Now Hear This!

Schedule Additions & Updates

We will be making additions to the water class schedule effective September 1st. The 3:30pm class will be back on the schedule on Monday, Wednesday and Friday. The 4:30pm class will be changing in format. What to expect...

Monday 3:30pm - 40 minutes deep water, 15 minutes shallow water upper body toning with the ball; Monday 4:30pm - 15 minutes water walking, 40 minutes powerwaves with barbells.

Wednesday 3:30pm - 40 minutes deep water, 15 minutes shallow water lower body toning with the noodle; Wednesday 4:30pm - 15 minutes water walking, 40 minutes powerwaves with noodles.

Friday 3:30pm - 40 minutes deep water, 15 minutes toning on wall; Friday 4:30pm - 15 minutes water walking, 40 minutes powerwaves.

And, we will now be offering Aqua Zumba the first Saturday of the month at 9am. This will be a 45 minute to one hour class sure to get you moving!

Update on Saturday Land Classes

The Saturday class rotation for September has changed to Basic Yoga. The class will be held from 9:30am - 10:45am. Please make a note of the update!

Half-Off Fitness Evals Sept 15th - Oct 15th!

Private Swim Lessons

Just a reminder, we are continuing to offer private swim lesson on a year-round basis. If you or someone you know is interested in learning to swim or improve their current skills, we would be happy to schedule lessons with one of our instructors. Contact Monica or Christina for more information.

Donations Needed

Need a home for your old or broken costume jewelry or mini Christmas tree ornaments? We have just the place...Camp Blue Bird! Camp Blue Bird is a three day camp for adult cancer patients/survivors. The camp participants take part in a range of activities including arts and crafts as well as mental & physical exercise.

We will be accepting donations of jewelry and mini ornaments (and we stress mini) for use to decorate small Christmas trees the camp participants create. We will have a drop box in the fitness gym area for your donations. We know the donation will bring smiles to many faces.



Labor Day Hours

5am - Noon!



Smart Start

Eating breakfast is one of the smartest ways to start your day! Decades of research has proven that eating a healthy breakfast can help improve on many aspects of well-being.



Cardiovascular health is one area of improvement. Studies have shown that individuals who eat whole-grain cereal for breakfast are 28% less likely to suffer heart failure. The ability to maintain weight loss is improved. Memory sharpness increases. And, blood sugar is better regulated thus decreasing the risk for Type 2 diabetes. Eating a proper breakfast helps us to feel full longer, especially when protein is offered in addition to high fiber.

Obesity in children can be prevented if they are given healthy options at breakfast time. On a full stomach, they perform at nearly a grade level higher than those who do not have breakfast.

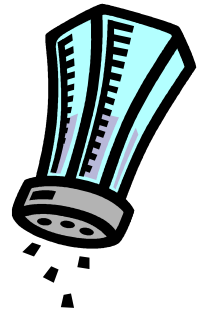
What are some healthy breakfast options?

- cooked oats topped with raisins, dried cranberries, sliced bananas and low fat milk
- scrambled egg sprinkled with flaxseed and served with whole grain bread, fresh fruit, and low fat milk
- whole wheat English muffin, thinly spread with reduced fat cottage cheese, topped with pineapple slices and a glass of 100% juice
- brown rice or barley (cooked the night before), topped with raisins, sliced apples and sprinkled with cinnamon

- half of a whole wheat pita topped with grilled Canadian bacon, reduced fat cottage cheese, tomatoes and mushrooms and a glass of 100% juice
- on the go - mix mini wheat cereal, dried fruit and mixed nuts in a plastic container, wash it down with low fat soy milk
- fruit smoothie - blend the following: strawberries, kiwi, a banana, one cup low fat yogurt, one teaspoon flaxseed and a cup of crushed ice...enjoy!

Tips to Cutting Sodium

Has your doctor said its time to cut down on sodium content in your diet? Do you want to cut down on sodium before serious health issues arise? Here are a few basic tips to help reduce sodium intake:



- cooking at home allows you to monitor exactly how much sodium is going into what you eat
- choose prepared products that are low-sodium or sodium-free
- make smart choice when eating out, look up nutrition content before arriving
- order your selections with no salt added
- skip the salt and substitute with spices, herbs and salt-free blends
- avoid instant/prepared foods like pasta, rice and cereals
- read food labels and check for sodium in all forms
- rinse canned vegetables to rid of excess sodium
- eat lots of fresh fruits and vegetables
