

FRANCO'S

HEALTH & LIFESTYLE

MAGAZINE

SPRING 2017
v.6 | no.1

**SWEAT OUT
YOUR COLD:**
MEDICINE OR MYTH?

**GET YOUR
MIND RIGHT!**

*Train your brain before
you train your body.*

WHAT'S HOT IN
2017

**HEALTHY
MEAL PREP**
TASTING EVENTS
AND RECIPES

**GET SUPER FIT
SUPER FAST**

Lose Dat & UltraFit
Take the challenge!

NEW Fitness Programs You've Got to Try

Look inside for
**WHAT'S
NEW!**

FRANCO'S

HEALTH & LIFESTYLE

PUBLISHER

Franco's Athletic Club

EDITOR-IN-CHIEF

Sandy Franco

CREATIVE DIRECTOR AND GRAPHIC DESIGN

Erich Belk & Lagniappe Media

CONTRIBUTING EDITOR

Mindy Cordell

CONTENT COORDINATOR

Julie Hudson Wells

CONTRIBUTING WRITERS

Mindy Cordell

CONTRIBUTING PHOTOGRAPHERS

Franny St. Cyr
Sidney Donaldson
Candra George
Maxwell Schopp

FOR ADVERTISING INFORMATION

Christine Beavers
985.792.0200



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I love my job!

The fitness industry is (in my opinion), the most exciting industry in the world today. As a provider and consumer of fitness programs, events, tools, and information, I can honestly say there is never a moment when life gets dull. Just when you think, "What else could they possibly think of?" They think of something else! (Or we do.)

In true Franco's fashion, we are rolling out a full lineup of new and exciting programs! From thirty-minute classes that will help you get super-fit, super-fast, to new ways to make fitness social, we have programs that cater to every fitness personality.

If you are struggling to make that New Year's resolution stick, don't go it alone. Training in small groups is the number one trend in fitness, and for good reason. It provides guidance, direction, accountability, support, and most of all, results. We have a variety of small group training programs that you will want to be a part of.

If you're just getting started, or restarted, try Reboot Boot Camp at Franco's CrossFit. This program is open to - and designed for - everyone. You don't need to be a Crossfit member (or even athletically-inclined). If you are ready to get serious about fitness, step up your accountability and your muscle tone with Lose Dat or UltraFit. These 8-week programs have been changing bodies and changing lives for more than 5 years, and our amazingly diverse group of trainers has found all new ways to keep them fun and challenging. Prefer to keep it quaint? Our wildly popular barre program is rolling out Boutique Barre, a series of one-on-one or small group barre classes.

Spring is right around the corner, but the fever is here now! So, get up, get out, and get fit.

And we'll see you at the club!

Sandy Franco

Sandy Franco

REGULAR CLUB HOURS

Monday - Thursday	4:45am - 10:00pm
Friday	4:45am - 8:00pm
Saturday	7:00am - 7:00pm
Sunday	9:00am - 6:00pm

Friday, February 17 and 24

Mandeville's Eve and Orpheus Parades, 7pm

Regular Club Hours	4:45am - 8pm
Childcare	8am - 4pm
O Spa	9am - 4pm
Grille	7am - 4pm
Starbucks	6am - 4pm
No group x classes after <i>(last class is the 11:30am Silver Sneakers Classic®)</i>	12pm

Monday, February 27

Modified Club Hours closing 2 hours early	4:45am - 8pm
Childcare	8am - 1pm
O Spa	9am - 7pm
Grille & Starbucks	open til 6pm
Kids Camp	8am - 5:30pm
No group exercise classes after 1pm <i>(last class is the Parkinsons Class at 12:45pm)</i>	

Tuesday, February 28

Modified Club Hours	8am - 1pm
Childcare	closed
O Spa	closed
Grille	closed
Starbucks	8am - 12pm
Kent Jacob	closed
3 group x classes: <i>8:30am King Cake Combat 9am Cycle 9:30am BodyPump</i>	



Get Ya Mind Right

How To Get The Mental Strength And Stamina You Need To Reach Your Goals



Get ya mind right, Sista! Franco's trainer Misty Theriot (featured on page 7) recites this playful adage to remind her fitness classes, teams, and groups to stay focused and stay positive. When said with her trademark southern drawl and playful style, these words can infuse an intense workout with some lighthearted humor. But Theriot is definitely onto something. In order to build a toned, muscular body, you must flex your brain.

Whether you are just getting started or are well underway with those 2017 fitness resolutions, a few dos and don'ts of mental preparedness can set you up for a year of success.

Don't Think

Or rather, don't overthink. Do plan. Do calculate, measure, organize and maintain intense concentration on your goals. But don't debate, deliberate, or hesitate. Reasons and excuses not to work out or eat right are easy to come by. If you let them, they will creep in. Set measurable, attainable goals and maintain laser focus.

Don't "Just"

It can be one of the most offensive four-letter words in the English language: just. "You just have to eat right." "You just have to exercise." "You just have to make the time." "You just have to make up your mind to do it." Underestimating the difficulty of a goal can prevent you from putting in the necessary preparation, and can set you up to be down on yourself if (or when) the goal does not prove to be easily achievable. Rather than diminish the magnitude of your feat, build up your belief in yourself. Take a mental tally of all of the ways that you are ready to take on this challenge and pat yourself on the back with each small success.

Don't Linger

If you hit a setback, move on. If you hit a milestone, move on. That's not to say you can't lament or celebrate, but keep it brief. Devoting too much mental energy to what is behind you leaves less for what is ahead of you.



Do K.I.S.S.

As the saying goes: Keep It Simple Stupid. Fitness-minded communities are more informed than ever. Gone are the days when the bathroom scale was our only barometer of health. Technology has given us access to sophisticated tools that tell us exactly where we are storing fat, how much muscle mass we have, and even what the best nutrition is for our unique DNA. But with information comes complexity. Rather than simply resolving to “lose weight,” many people are striving to “get healthy.” This is, without a doubt, a better strategy for a long, happy life, but it is a little weak on measurability. Health is not as easily quantified as weight, and it can be difficult to know exactly when you have reached that goal. “Clarity comes with simplicity,” says performance coach and best-selling author Brendon Burchard. When it comes to good health, ask yourself or your healthcare professional where you most need improvement, then devise some simple, measurable, and specific goals in those areas.

Do Workout Your Will Power

Willpower has often been thought of as an either-you’ve-got-it-or-you-don’t character trait. But, surprisingly, exercising will power in one area can make it stronger in others. Researchers at the University of Albany asked smokers who were trying to quit to exert extra self-control in other areas for two weeks. (They were either asked to avoid sweets or squeeze a grip strengthener for as long as they could twice a day.) After one month, 27% of those who practiced self-control exercises quit smoking, compared to just 12% percent of volunteers who had been given a task unrelated to self-control. www.webmd.com

Do Plan Ahead

A solid maintenance plan is essential if you want to avoid putting those same fitness resolutions on repeat each time the ball drops. Fitness maintenance shouldn’t require the same frequency and intensity as losing fat and gaining muscle, but you definitely don’t want to put on the brakes completely. Most trainers agree that maintenance looks something like a three-to-four-times-per-week exercise routine, with two of those days focused on strength training. As far as diet goes, you can hang up the calorie deficit plan, but don’t be too quick to delete that nutrition app. Record and review your food intake for several days every so often to make sure you aren’t reverting back to old habits and letting those pounds creep back on.



Do Select A Support System

Accountability has been touted time and again as the key to weight loss and fitness success. Study after study has demonstrated that making a weight loss goal public can significantly impact the likelihood of reaching that goal. However, many of these studies were done prior to the age when our lives were on constant display in a never-ending social media feed. And while discipline and commitment may come from posting and publishing every meal, workout, cheat and struggle for every friend and follower to see, you may also be setting yourself up for unwelcome advice and misguided comments. Instead, create a separate group via Facebook, MyFitnessPal, GroupMe or any of the thousands of tools now available to keep us connected. Fill it with those who are trying to reach similar goals, or who you trust to offer the right kind of support.

A truly comprehensive list of dos and don’ts for keeping those fitness and weight loss resolutions from making an encore appearance in 2018 is about as attainable as a new year when there is nothing left to improve. The truth is, each person is different, and all of the research and advice in the world can only serve to guide, educate, and inspire us as we find the formula that fits our unique needs and personalities. But the mind and the body are inarguably inseparable, and approaching any goal with a fit mind is sure to strengthen your success.

SERENDIPITY

Instructor / Trainer Misty Theriot Finds Her Path

“Lil’ Country,” is what her fellow trainers often call her. Misty Theriot, aka “TheRiot,” is known for many things - her petite frame, warm southern drawl and great big smile; her Mistyisms, the catchy phrases that are all her own; and, perhaps most of all, her unique style of training, a style that is never boring, never easy, and always entertaining. There is something about Misty, and it’s making waves across the northshore’s fitness community.

Originally from Bogalusa, Misty attended Southeastern University and graduated with a major in English and a minor in Business. Though she had always been an active person, a career in fitness was not on her radar. In college, she worked as a teller in a local bank. Even through the fuzzy speaker of the drive-thru window, Misty had a way with people. They opened up to her.

Misty continued to advance in the banking industry after college, even as she married and had two daughters. But when her second child was hospitalized at just three-months-old with a severe reaction to a common virus, she knew she had to make a change. “She flat-lined,” Misty recalled, a hint of panic still in her voice now

ten years later. “At that point, [my husband] and I decided we would sacrifice whatever we needed to sacrifice for me to stay home with them.” Misty found full-time mothering extremely rewarding, but eventually found herself feeling lost in her professional path. “And then,” she said, “came the world that saved my life - Franco’s.”

Misty started at Franco’s as a member. She was a regular in Tracey Smith’s group exercise classes. She must have been pretty good at them because one day, out of the blue, Tracey asked her to come up on stage and shadow her. “And once I did that,” Misty said, “the bug was on me, and I couldn’t get it off.” She began pursuing group exercise instructor certifications, first through Les Mills, then through Pilates Barre and the Athletics and Fitness Association of America (AFAA). But Franco’s members kept asking her to do personal training, so, after six more months of study, she became an AFAA Certified Personal Trainer. “That has been amazing,” she said. The in-depth training that she received reinforced the mind-body connection that Misty thrives on, and helped her in her quest to always keep her workouts new and fresh.

Misty had known she loved fitness and that she loved people, but her venture into a career in fitness also led her to another discovery – a gift for leading and motivating groups. “It had always been a big fear of mine, to get up in front of people. So it’s crazy that it all worked out the way that it did.... I just think it has been a blessing, a huge huge blessing.” This gift was first revealed through the exercise classes she taught. Then, Misty began leading Bible studies at her church. Next came Lose Dat and UltraFit, where her passion for people and ability to inspire and guide them reached new heights. “Yes, the exercise part of it is awesome,” she said, “and people do change physically. But the biggest thing is [that] everybody comes to these



“We take it to a whole new level every season.
And they encourage me and motivate me.”

programs with something, some sort of baggage, something that got them there - everybody's got a story. But what's cool is that you get to build relationships with those people, and you get to blend your stories together, and you grow. And that has been my favorite. That's why I keep doing it. Because I love it."

What's next for Misty? Time will tell. She remains open to new adventures, and believes there is a new aspect to this career path just around the bend. "I do feel like there is something different coming for me..."

TOP 5 #MISTYISMS.

#5 Get ya mind right, sister!

#4 Find those baby hips!

#3 Rise and Shine!
It's time to get Yo self Fine!

#2 It'll be BEAUTIFUL... trust me!

#1 Okay, just 5 more! 10...9...8...7...



OTHER POPULAR MISTYISMS INCLUDE:

#allthestores - Meaning: It's meal prep day, and time to go to "all the stores."

#snacksident - Meaning: That time you accidentally ate the whole bag of chips.

"I obviously say things and I don't realize that I say them, and I guess I say them a lot," Misty said sheepishly when asked about these sayings.

son with the groups that I train.
me as much as I do them."



Congratulations to Fall 2016

Lose Dat 8-Week Weight Loss Challenge Winners



Winning Team
Trainer Kim Camet and the Red Team

Lose Dat Trainers

Top Male/ Female

Danny & Jessica Simon from Misty Theriot's Yellow Team



REGISTRATION GOING ON NOW

**SPRING 2017 LOSE DAT TEAM WEIGHT LOSS CHALLENGE
BEGINS MARCH 6TH. ENROLL TODAY!**

Call 985.792.0205 for more information or to register.

LOSE DAT WINNERS

Jessica Simon

Lost 21 lbs fat

Lost 10.9% body fat

Danny Simon

Lost 16 lbs fat

Lost 8.1% body fat

IN HER OWN WORDS,

JESSICA SIMON TELLS THE STORY OF HER "WHY".

Our Lose Dat journey began because of a dear friend, Katherine Mitchell. Over a glass of wine, she asked me to do the program with her. My answer was simply, "no". I gave her 101 excuses, telling her how I could NEVER fit this into my already too busy lifestyle. My husband and I work opposite schedules and have two children, so this would NEVER work. But deep down, I knew that I was in desperate need of exactly what she was suggesting. I told her that SHE would have to ask my husband, Danny, if we could make it work. I figured it was over at that point.

He said, "MAYBE"! We would figure it out. Katherine wanted us to be on the same team to support each other. She had decided on our trainer. Reluctantly, I drove to Franco's. The trainer that she hoped for had no openings. I knew Misty Theriot so I asked about her openings. She had none. Again, I assumed this would be the end, but when the girl at the desk gave me a few other recommendations, I skeptically began filling out the registration form.

As I stood at the desk praying for God to tell me something, anything - 'Was this money going to be worth it?' 'Could this even work?' - a lady from the office came out and said, "Misty is opening another team." I knew then that God was listening and I needed to do this. I blurted out, "I want on her team" and signed the payment. Now, I was registered and my friend was not! She couldn't do the time that Misty had available. I left there thinking, "What just happened??!!!"

One week later, my husband came to me and said, "Hey, I've been thinking. I'm going to sign up for Lose Dat too. I could stand to lose some weight and get back in shape! I'm going to do this to support you." Most would think that is totally sweet, but I rolled my eyes and said, "NO WAY are you going to be on my team!!!!" (We have a great relationship, but, like a lot of married couples, we pick at each other.) He went to the gym that day and signed up, ON MY TEAM! Meanwhile, my friend who had talked me into doing this signed up on a different team.

FAST-FORWARD 8 WEEKS...

I am at a loss for words at our outcome. The past 8 weeks have been one chapter of an amazing story. Danny and I were so lucky to have been a part of a team that came with so much more than weight to lose. We were blessed with 3 trainers - Misty Theriot, Holly Shannon, and Kristy Livaudais - who had intentions that went way beyond winning a contest. They brought encouragement, compassion, and advice for continuing a healthy lifestyle. We shared tears of joy and pain. I began to realize that my husband's support was my drive, my motivation. My best friend, Katherine Mitchell, and I didn't often cross paths at the gym but when we did, we saw changes that were unbelievable. On the days I woke up and felt unmotivated, she gave me the willpower to keep going. She was "MY WHY" to this new beginning.

My husband and I ended the program with a team of new friends, more muscle mass, and less body fat. We feel so much stronger and healthier. Our children have picked up many of our lifestyle changes and healthy habits. Our trainers went above and beyond our expectations. We are forever grateful for them and our Neon Family for taking this program to a whole new level!

Jessica Simon, Neon Team



DANNY SIMON
Lost 16 lbs fat
Lost 8.1% body fat

JESSICA SIMON
Lost 21 lbs fat
Lost 10.9% body fat



JOIN A TEAM TODAY!



FERNANDA

Tues & Thurs 5:00am



COURTNEY

Tues & Thurs 6:00am



LISA

Mon & Wed 8am



TORY

Tues & Thurs 8:15am



MISTY

Tues & Thurs 8:30am



TRACY

Mon & Fri 8:30am



GRETCHEN

Wed & Fri 10am



CHRIS

Tues & Thurs 7:00pm



CHRISTY

Mon & Wed 6pm



CAROLINE

Tues & Thurs 1:00pm

March 6 - April 28

Take the challenge!

Lose Dat® Team Weight Loss Challenge is an 8-week program for men and women of all shapes and sizes looking to lose weight and make a measurable, physical change in their overall appearance. Lose Dat gives you the best results-oriented workouts you've ever experienced, structured in a fun team environment with camaraderie, accountability, and support.

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Monday, Tuesday, Thursday at 6:30pm

Trainer Trevor Manual

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but don't know where to start?

IT'S TIME TO REBOOT!

Designed for those just get started again.

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- Professional guidance of a personal trainer
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- Body weight training and functional movements
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THE HUMB



WITH
57 WINS
AND JUST
6 LOSSES,

WILLIAMS HAS
RACKED UP MORE
THAN A FEW TITLES

photos by Sidney Donaldson Photography - www.sidneydonaldsonphotography.net

Don't miss Tory's next WFC fight on March 4th in Baton Rouge.
For details, visit [Facebook.com/FrancosRingsideBoxingClub](https://www.facebook.com/FrancosRingsideBoxingClub).

LE BEAST

OF FRANCO'S RINGSIDE BOXING MADE HIS DEBUT AS A PRO BOXER

As an elite, Olympic style boxer, Tory Williams' accomplishments include:

- 2013 H.O.R.N Light Heavyweight National Champion
- 2013 Governor's Games Heavyweight Champion
- 2014 Louisiana Golden Glove Light Heavyweight Champion
- 2014 Mid-South Golden Gloves Light Heavyweight Champion
- 2014 National Golden Gloves Light Heavyweight Runner-Up
- 2014 Ringside World Championship Light Heavyweight Runner-Up
- 2014 Open Boxer of the Year "Mr. Louisiana" (The Southern Association)
- 2015 USA National Bronze Medalist
- 2015 Rayne National Champion

CONGRATULATIONS, TORY, ON YOUR BIG WIN AS A PROFESSIONAL BOXER!



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The Importance of Balance

If you navigate the world of fitness (even a little) you have probably heard a lot about balance. Alongside strength, endurance, flexibility and stamina, balance is one of the pillars of health. If you are not young enough to consider a career as an Olympic gymnast, and not old enough to be afraid of falling in the shower, you might wonder why balance should be important to you. So what if you can't hold a perfect tree pose in yoga class? As it turns out, good balance equals a lot more than you might think.

1. Balance = Strength

Your center of gravity and base of support is your core. Balance exercises train your core muscles - those in your pelvis, lower back, hips and abdomen - to work together and help you achieve stability. A stable base is an essential starting point for every type of strength training.

2. Balance = Control

Everything that you do with your body, from running a marathon to loading groceries in your car, can be executed with greater ease if you have good balance. The ability to know where your body parts are in three-dimensional space, also known as kinesthetic awareness, is essential for controlled, deliberate movement. Greater kinesthetic awareness equals better balance, and better control over your movements and your world. This control allows us to react quickly and effectively and, therefore, avoid injury.

3. Balance = Alignment

Exercises that improve balance also improve the body's posture and promote proper alignment. Conditioning that hones your awareness of where your body parts are in space and in relation to each other not only helps you to prevent injury due to accident or trauma, but also to prevent the aches and pains of repetitive movement and poor ergonomics.

4. Balance = Grace

You don't have to be a prima ballerina to be graceful. Smooth, fluid movements promote calm on the inside and exude confidence on the outside.

Balance is a "use it or lose it" component of good health. To improve your balance, try incorporating exercise styles such as yoga, Pilates, martial arts, and boxing into your routine. Classes and programs that fuse these styles, such as Barre workouts, which combine ballet, Pilates, Yoga, core work and stretching, will challenge you with a balancing act that delivers big results.

www.mayoclinic.org/healthy-lifestyle/fitness



Step by Step

Most trainers and nutritionists agree, when trying to make enduring changes, gradual is better. Whether it is decreasing caloric intake, eliminating certain types of food, or increasing the frequency or intensity of your workouts, going full throttle on a big lifestyle change is a good way to see your weight loss resolution crash and burn. Instead, chart out a four to eight week calendar of change. Determine your goal, calculate the amount of change needed to reach that goal, and divide by the number of weeks to determine the amount of change needed per week. Research shows that it usually takes at least two months for a new behavior to become automatic, so be patient. Small, attainable steps can help you avoid backslides and keep you moving in the right direction.

A Picture is Worth a Thousand Calories

Photo food logging: Does it work?

In order to change what you are eating, you have to know what you are eating. Most of us think we know, and we might have a general idea, but keeping a log or journal of everything you eat and drink each day often provides some enlightening information. A flood of food logging apps has emerged on the smartphone scene in recent years, making this process a lot more hi-tech. But technology is not error proof, and neither is the human providing the technology with information. Many of us guesstimate on quantities and, if it isn't readily available on the label or within the app, we guess on nutritional information as well. Others aim for accuracy but quickly become frustrated by the time and effort the process of logging requires.

One shorthand method gaining popularity in our Insta-happy society is photo food logging. While snapping a photo of your food before you dig in doesn't offer the same number tracking, charts and graphs, countdown-to-your-goal-weight benefits that apps such as MyFitnessPal and Yazio provide, it does offer a quick and colorful visual that doesn't lie about portion size. A photo can also remind you that you piled a load of cheese or a rich, creamy dressing on that healthy salad you had for lunch (a detail you may have conveniently omitted from your log or journal). App developers are still working out the kinks on image recognition features that can calculate the nutritional information of your food from a photograph. In the meantime, try a photo food diary app such as My Diet Tracker or See How You Eat, or create your own culinary collage.



Bonus: Research published in the Journal of Consumer Marketing suggests that taking a picture of your food before eating it might actually make that food taste better. The additional interaction with your meal, the delay, the anticipation and, particularly if you are posting those pics on social media sites, the pride you associate with your meal might account for some of that heightened ability to savor the flavor.

Sweat it Out: Medicine or Myth

Should you work out when you have a cold?



Has anyone ever told you that when you are coming down with a cold, you should “sweat it out?” Some people hit the gym when they feel a cold coming on, hoping it will shorten the severity or duration of the illness. Others are just tenacious about sticking to their workout routine. Is a good sweat session a good idea when you are feeling bad? The answer: It depends.

If your symptoms are mild to moderate, above the neck and don't include fever, exercise can help your body fight off a cold. Many cold viruses can only survive in temperatures around 98.6 degrees. That is one reason your immune system raises your body's temperature in the form of a fever when fighting off these viruses. A good sweat session can have the same effect. However, it is best to keep the intensity of your workout lower and the duration shorter than your usual to avoid putting additional stress on your immune system. Exercise is not advised if you have “below the neck” symptoms such as chest congestion, hacking cough or upset stomach, or if you have a fever or widespread muscle aches. Remember, if you do choose to go to the gym (or be in any other public place), practice thorough and frequent hand washing and avoid touching your face (with your hands or anything else) to prevent exposing yourself to additional germs, or exposing others to yours.

<http://fitness.mercola.com/>
<http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise>



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February 19

Franco's Athletic Club
2:00pm

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**WILDTREE
TASTING EVENT**

**SAMPLE QUICK, EASY
RECIPE IDEAS.**

FEB 7TH

Franco's Athletic Club

6:30PM

QUICK & EASY



ONE POT ZUCCHINI AND MUSHROOM PASTA

Number of Servings: 4
Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients:

3 cups low sodium vegetable broth
1/2 tablespoon Wildtree California Style Garlic Pepper Blend
2 tablespoons Wildtree Tuscany Bread Dipper Herb Blend
1/2 pound spaghetti
8 ounces mushrooms, sliced
1 zucchini, chopped
1/2 cup frozen peas
1/4 cup heavy cream
1/2 tablespoon flour

Method of Preparation:

Whisk together vegetable broth, California Style Garlic Pepper Blend, and Tuscany Bread Dipper Herb Blend in a large saucepan. Add spaghetti, mushrooms, zucchini, and peas. Cover and bring to a boil. Remove cover and continue cooking for about 10 minutes or until pasta is tender. Reduce heat to low. Whisk together heavy cream and flour. Stir into pasta. Cook over low heat until sauce thickens, about 5 minutes.

Nutritional Information:

Calories: 310
Fat: 7g
Saturated Fat: 3.5g
Carbohydrates: 50g
Cholesterol: 20mg
Fiber: 4g
Sodium: 320mg
Protein: 11g

HEALTHY COMFORT FOOD



BRUSCHETTA EGGPLANT PARMESAN

Number of Servings: 4
Prep Time: 5 minutes
Cook Time: 30 minutes

Ingredients:

1 medium eggplant, sliced into 1/4-inch thick rounds
2 eggs, beaten
1 package Wildtree Crispy Chicken Blend
1 (14.5 ounce) can no salt added tomato sauce
2 tablespoons Wildtree Bruschetta Blend
8 ounces fresh mozzarella, sliced

Method of Preparation:

Preheat oven to 350°F. Coat eggplant with beaten eggs followed by Crispy Chicken Blend; place breaded eggplant on a wire rack on a baking sheet. Bake 10 minutes on one side, flip, and bake 5 more minutes. In a medium sized bowl, mix tomato sauce with Bruschetta Blend. Pour half the tomato sauce mix into a 10-inch cast iron skillet. Transfer the breaded eggplant to the pan, top with remaining sauce and mozzarella slices and bake for 10 minutes. Switch oven from bake to broil and broil on high for 5 minutes to finish melting the cheese.

Nutritional Information:

Calories: 320
Fat: 16g
Saturated Fat: 9g
Carbohydrates: 27g
Cholesterol: 140mg
Fiber: 8g
Sodium: 400mg
Protein: 17g

SUPER BOWL FARE



SWEET POTATO NACHO FRIES

Number of Servings: 4
Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients:

4 medium sweet potatoes, sliced into fries
3 tbsp Wildtree Roasted Garlic Grapeseed Oil
1-2 tsp Wildtree Spicy Carne Asada Seasoning
Pinch salt
Pinch black pepper
1/2 red onion, thinly sliced
1 red bell pepper, diced
2 cubanelle peppers, diced
1 cup frozen corn, thawed
1 (14 ounce) can no salt added black beans, rinsed and drained
1 tablespoon Wildtree Chipotle Lime Rub
1/4 cup cilantro, chopped

Method of Preparation:

Preheat oven to 425°F and line a sheet pan with foil. Toss sweet potatoes with 2 tablespoons Roasted Garlic Grapeseed Oil, Spicy Carne Asada Seasoning, salt, and pepper. Spread into a single layer on sheet pan and cook for 30 minutes, tossing every 10 minutes. While sweet potatoes cook, heat remaining Roasted Garlic Grapeseed Oil in a 12-inch skillet and sauté red onions until soft and translucent. Add red bell and cubanelle peppers and sauté for about 5 minutes or until peppers are softened. Add corn, black beans, and Chipotle Lime Rub and cook for about 2 more minutes. Turn off heat and stir in cilantro. Serve pepper and bean mixture over sweet potatoes and top with sour cream if desired.

Nutritional Information:

Calories: 340
Sat. Fat: 1g
Cholesterol: 0mg
Sodium: 337mg
Fat: 11g
Carbs: 52g
Fiber: 11g
Protein: 9g

Open to the public.

Learn more at mywildtree.com/francos,
or call 985-792-0206 for information.

*Recipe reproduced with
permission from Wildtree, Inc.*

5 Tips On Finding The Right Trainer.



It's the New Year and you're ready to get fit, but not sure where to start. Research shows that investing in a personal trainer to help you get started the right way can be the best option.

1. Check the Cert

When choosing a trainer that is right for you, make sure he or she has a nationally recognized Personal Training certification. Look for certifications from the National Academy of Sports Medicine (NASM), the American Council on Exercise (ACE), or the American College of Sports Medicine (ACSM). At Franco's Athletic Club, We only hire trainers with these special certifications.

2. What's your motivation?

How are you best motivated? Do you like the drill sergeant type who will keep you in line and working your hardest? Do you prefer the more gentle approach with positive reinforcements and lots of encouragement? Or, maybe you prefer a little something in between?

3. Check their experience

It is often said, "practice makes perfect". The longer that he or she has trained, the more time they have had to learn from mistakes or tweak exercises to make sure they are getting results. Experience matters.

4. Match your goal to your trainer

Many trainers specialize in different forms of training. If you are a runner

training for a marathon, then choosing a body builder trainer may not be the best decision. If you are recovering from an injury or surgery, be sure to ask for someone experienced with rehabilitation and exercise modification.

5. Be patient, have realistic expectations

If you need to lose 30 lbs., don't expect to reach your goal in two or three weeks. Be patient, and trust that your trainer will get you there. Talk to your trainer about setting realistic goals and a timeline for achieving them. Aim for sustainable results over quick fixes.

Personal Trainers can offer the guidance, support, education, and motivation to help you reach your goals this year and every year. Finding the right trainer can make this process more effective and enjoyable.

To Learn More About Personal Training, Call 985.792.0206

TREND-STARTERS

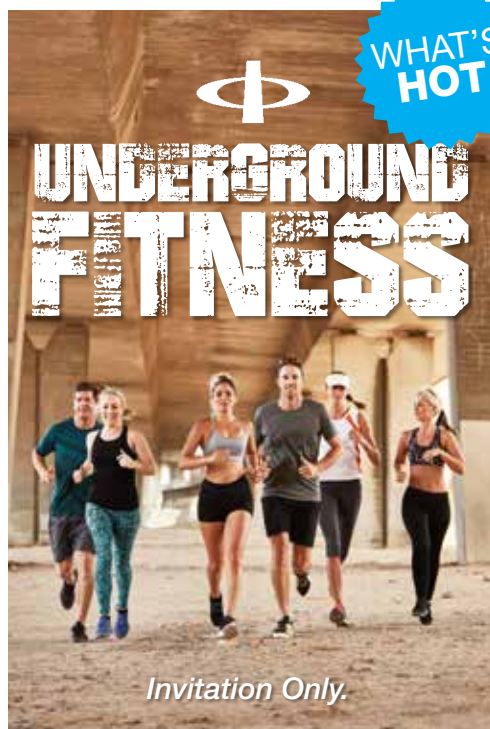
Get in and get out, or get serious and get social. Fitness in 2017 is all about efficiency and fun, and New Orleans' new generation of fit-conscious urbanites is at the forefront of this trend. It's go big then go home on the cardio circuit as new 30 and 45 minute experiences get folks super fit, super fast. When they are not in a rush, fitness becomes about more than just a great workout; they are looking for an experience. Franco's on Magazine Street caters to their need to connect as much as to their need to sweat. It is camaraderie and accountability that make the social fitness movement as effective as it is enjoyable. People are more adventurous and more willing to push limits when they are surrounded by friends. And for whatever reason, those who don't come with fitness-minded friends usually have plenty by the time they leave.

Get Super Fit SUPER FAST



**WHAT'S
NEW**

This high intensity training is designed to keep your heart rate up for extended periods of time (5-10 mins max) followed by periods of rest. It improves cardiovascular fitness, pushes you to your physical and mental limits, and is the ultimate calorie burner. Heart rate monitoring system to accompany this workout coming soon. How much can you "burn"?



**WHAT'S
HOT**

The Magazine Street club is also home to a secret society of sweat. "Underground Fitness by Franco's" takes brave participants on new and challenging fitness feats at different "underground" locations throughout the city. But don't expect to stroll in and sign up for this one - this group is invitation only and insiders are as tight-lipped as they are tight-tushed.



FRANCO'S

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Cycling	
5:15am	BODYCOMBAT (S1)		BODYCOMBAT (S1)				
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP XPRESS			
6:00am		Studio Cycling		Studio Cycling			
6:15am				CXWORX (S1)			
6:30am			SPRINT CYCLE				
7:00am	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	8:00am Yoga (MB) BODYATTACK (S1)	
			Boot Camp (S1)				
7:30am	BODYCOMBAT (S1)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT(S1)		8:15am SPRINT Cycle
	Yoga Stretch (MB)				YOGA (MB)		
8:00am			CXWORX (S1)				
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)		9:00am Studio Cycling BODYPUMP (S1)
	Boot Camp (S1)	Body Blast (S1)	BODYCOMBAT (S1)	Total Body Conditioning (S1)	Zumba (S1)		
	Pilates Mat (MB)	Yoga Stretch (MB)	Pilates Mat (MB)	Yoga Stretch (MB)	Barre Fitness (MB)		
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit		
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	9:15am Barre Fitness (MB)	
9:30am	BODYPUMP (S1)	CXWORX (MB)	Barre Fitness (MB)	CXWORX(MB)	BODYPUMP (S1)		
	Barre Fitness (MB)				Barre Fitness (MB)		
9:35am		Power Circuit (S1)	Sculpt (S1)	BODYCOMBAT (S1)		10:00am BODY COMBAT (S1)	
10:00am		Sr. F.I.T. Circuit		Sr. F.I.T. Circuit			
10:05am		Barre Fitness (MB)		Barre Fitness (MB)			
		CXWORX (MFT)		CXWORX (MFT)			
10:30am		SPRINT Cycle			SPRINT Cycle	11:00am Zumba (S1)*	
10:35am	Dancin' to the Oldies		Dancin' to the Oldies		Dancin' to the Oldies		
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		SUNDAY 9:00am BODY COMBAT (S1) 9:30am Studio Cycling 10:00am CXWORK (S1) 10:30am BODY PUMP (S1)	
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)		
11:30am	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)			
12:45pm	Parkinson's Class						
1:15pm				Parkinson's Class			
3:30pm		Allstars (S1)		Allstars (S1)			
4:15pm	BODYSTEP Xpress		BODYSTEP Xpress				
4:30pm		Barre Fitness (MB)		Barre Fitness (MB)	Studio Cycling		
		BODYPUMP (S1))		BODYPUMP (S1))			
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)				
5:15pm		SPRINT Cycle					
5:30pm	Yoga (MB)	Yoga (MB)	Studio Cycling	Yoga (MB)	10:30am BODY PUMP (S1)		
	Studio Cycling	BODYATTACK (S1)		Zumba (S1)			
5:35pm				Studio Cycling			
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX				
			YOGA (MB)				
6:30pm	BODYCOMBAT (S1)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*			
	Roll & Release (MB)		Barre Fitness (MB)				

For more information, call 985.792.0278 or visit francosmandeville.com
 Download the Franco's Mobile App



ANNOUNCING

BOUTIQUE BARRE

Personal Attention in Small Group Barre Classes and Barre Private Sessions!

Pilates-based barre classes focus on building a healthy, injury-free body by encouraging controlled and concentrated movement.

SMALL GROUP CLASS

55-minute barre class - 4-8 people max

ONLY \$12.50 per person!



FRANCO'S PILATES STUDIO

Call today! 985.792.0273



LES MILLS sprint

NEW

TUES. 5:15PM

WED. 6:30AM

TUES/FRI 10:30 AM

SAT. 8:15AM



On January 14, 2017, up to a million people in over eight thousand individual clubs around the world celebrated the 100th release of this iconic workout.

The BODYPUMP workout is refreshed with new music and new moves every three months. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.



Franco's BodyPump 100 Team instructors Kim, Courtney, Lori, Leslie, Misty & Rebecca

TAKE YOUR FITNESS TO THE NEXT LEVEL!



MARCH 6, 2017

**8 WEEK TEAM
AND DECATHLON
PERFORMANCE
CHALLENGE**

RUN BIKE SWIM ROW SQUAT BURPEE PLANK SITUP PUSH PRESS JUMP ROPE

**TRAIN IN SMALL GROUPS 3 DAYS/WEEK
BODY COMPOSITION & FITNESS ASSESSMENTS
SPECIALTY WORKSHOPS AND CLASSES
WEEKLY CHALLENGES
ULTRA FIT TEAM DECATHLON**

REGISTRATION GOING ON NOW.

visit FRANCOSMANDEVILLE.COM or call 985.792.0205



Winner Jeff Schwaner!



Winner Micheal Skinner!



Winner Kathryn Skuba!



ULTRA CHALLENGING

UltraFit 8-week fitness challenge focuses on strength and endurance training, as well as on improving performance. Participants do lose fat and gain muscle mass, but the focus is on becoming the best you can be. Ultra Fit includes 3 days a week of small group training plus specialty classes and weekly challenges ending with a Decathlon.

5 TEAMS. 50 PARTICIPANTS.

2016 Fall Body Composition Challenge Winners

1 st Place Male	1 st Place Female
Jeff Schwaner	Jennifer Masset
<i>gained 3 lbs lean mass, lost 14 lbs fat</i>	<i>gained 4 lbs lean mass, lost 14 lbs fat</i>

Fall TEAM Decathlon Winners

events included: swim, run, bike, row, push ups, burpees, step ups, sit ups, squats, push presses

1st Place Team
Tammy Nunez

Best Individual Weekly Performance Score

*between all 10 events
over the course of 8 weeks*

1 st Place Male	1 st Place Female
Michael Skinner	Kay Wendle

Franco's Employee Winner
Kathryn Skuba



Winner Jennifer Masset!



1st place Decathalon Winners!



Winner Kay Wendle!

Fit Fun for All



Zephyr Field - Feb. 4, 2017

What's the BUZZ all about?
Join us for the time of your life!

Travel through 5k of color ZONES:

- Foam Waterfalls
- Bubble Zones
- Snow
- Foam Jet Cannons
- and MORE...!

Don't worry about how long it takes you - we will be here for hours. Sprint, Jog, Walk, or get pushed in a stroller - The Color BUZZ is about friends, fun, and the experience. When you finish exploring the zones along the route - the fun continues at the finish line with the best after party there is!

For more info, visit
colorbuzz.com/details/NewOrleans/

Rock 'n' Roll
MARATHON SERIES®



New Orleans - Feb. 4 & 5, 2017

Humana ROCK 'N' ROLL 5K, 10K, HALF-MARATHON & MARATHON: Go the distance in New Orleans and be rewarded with a beautiful run that takes you through the historic French Quarter, out to Lake Ponchartrain and through City Park.

For more info, visit: www.runrocknroll.com/new-orleans



Franklinton - March 4 & 5, 2017

Location: Bogue Chitto State Park
One challenge... and you! Amazing races in amazing places! Q50 races chooses unique locations for unique trail races.

For more info, visit theyatrace.com



Metairie - March 12th, 2017

The race begins at 10:00 am outside Gennaro's bar on Metairie Rd. at N. Causeway. The 2-mile course will proceed down the parade route on Metairie Rd. finishing at Frisco, just before the train tracks and Winston's Pub & Patio, where the post-race party will take place.

For more info, visit www.ccc10k.com/st-patricks-day-classic

Local events you don't want to miss out on.



NOLA Motorsports Park, Avondale , LA - March 18 & 19, 2017

5 Miles. 13 Obstacles. 1 Extraordinary Experience.

Escape the ordinary with Tough Mudder Half New Orleans Presented by Merrell. It isn't a race - it's the best 5-mile mud obstacle course challenge on the planet.

For information and registration, visit toughmudder.com.



New Orleans - March 19, 2017

The 8k course starts at the National World War II Museum and ends at Audubon Park with live music, food and Guinness Beer. This is the perfect course for beginners and seasoned runners alike. Don't miss out on this exciting event! Bagpipe music at every mile mark. Costumes encouraged!

For more info, visit www.active.com



New Orleans - March 26, 2017

Best Damn Race® is a running series created for runners by runners. Our goal is to provide a big race experience at a local race price.

It doesn't matter if you are an elite runner, first timer, walker, or using a baby jogger, we want you to have the best DAMN race experience.

For more info, visit neworleans.bestdamnrace.com



Bay St.Louis - April 1, 2017

The Race will begin on Beach Blvd and go to the beautiful Bay St. Louis Bridge, then turn around and run through downtown Bay St. Louis. There will be food and the Tiny Titan's Area- Kids game area with fun games hosted by Excel by 5!

For more info, visit [facebook.com/SuperHero5KBSL](https://www.facebook.com/SuperHero5KBSL)



Crescent City Classic

Allstate Sugar Bowl Crescent City Fall Classic 10k

New Orleans - April 15, 2017

The Allstate Sugar Bowl Crescent City Classic 10k Road Race is held in New Orleans on Easter Weekend each year. The Classic is produced by a 5013c not-for-profit entity, the Crescent City Fitness Foundation. The Classic is both physically challenging and a great New Orleans tradition! The 10 kilometer course begins downtown, in front of the Mercedes-Benz Superdome, runs participants through the French Quarter, and then all the way up beautiful Esplanade Ave. to New Orleans City Park.

For more info, visit ccc10k.com

Medicine's Momentum

How it is helping us to keep moving

THE FREEDOM TO LIVE AN ACTIVE LIFESTYLE IS A GIFT, a gift that many of us take for granted. We expect our bodies to do what we tell them to. Then, one day, they won't, and we gain a true appreciation for the value of pain-free mobility.

Joint pain is one of the most common medical complaints of both active and sedentary populations. One out of every two persons in this country is affected by musculoskeletal disease. Injuries and degenerative joint disease will diminish or impair quality of life for at least half of the people reading this article. Orthopedic intervention is not just for your grandmother's arthritis or your college athlete's sports injury; the majority of us could benefit. That is the bad news.



Dr. Kevin Darr of Covington Orthopedic Sports Medicine Institute is pioneering new treatment options to help patients return to an active lifestyle faster.

The good news is that treatment options are more accessible and less invasive than ever before. Advances in orthopedic care are happening right in our own backyard, and have been shown to produce life-changing results. Dr. Kevin Darr, a renowned orthopedic surgeon and a pioneer in surgical and nonsurgical treatment techniques, is laying the groundwork for new treatment options that harness the body's ability to heal itself and channel this ability to areas that most need healing.

BODY, HEAL THYSELF

Those of us who grew up watching *The Bionic Woman* or *Terminator* might have predicted that the twenty-first century would have us all sporting limbs of steel. Modern medicine, however, seems to be taking a more naturalistic approach. Leading providers in cities such as New York, Los Angeles, Düsseldorf, Germany, and now, Covington, Louisiana, are developing treatment options that harvest, isolate and inject the body's most restorative cells into damaged tendons, ligaments, and cartilage. The results have been resoundingly positive: a reduction in pain and inflammation, and the regeneration of tissues.



Dr. Darr explains to patient Connie Brennan how her own stem cells will help her injured knee to heal.

Bruce Kingsdorf, a local attorney and tennis enthusiast in his sixties, received a treatment called Platelet Rich Plasma (PRP) injections from Dr. Darr for a torn meniscus in his right knee. PRP therapy uses the concentrated growth and healing factors of blood platelets to aid in recovery from soft tissue injuries and arthritic conditions. For PRP treatments, a small sample of the patient's blood is drawn and spun in a centrifuge to separate the platelets from the other blood components. The concentrated Platelet Rich Plasma is then injected into the injured joint. The simplicity and effectiveness of this treatment came as a pleasant surprise to Kingsdorf. "I expected that surgery to fix the tear would be necessary, but the injections completely alleviated my problem," he stated. "I no longer have any knee pain and am able to play tennis about five days per week without even the aid of a knee brace."



Left to right: Bruce Kingsdorf and his son, Ben, following their win in the New Orleans Oilman's Tennis Tournament in 2015. Bruce was able to return to the sport he loves thanks to a new treatment that uses platelet rich plasma.

Over the last three years, Dr. Darr has developed new cell therapy protocols that use the regenerative capabilities of stem cells to help patients avoid surgery as well as to speed recovery and improve outcomes when surgery is necessary. The plasticity of mesenchymal stem cells allows them to take the form of the cells that surround them, including those that form cartilage, bone, tendon, muscle, and skin. These stem cells are found in many parts of the body, but bone marrow and adipose tissue (fat) have been found to be two of the best sources for them. Using guided ultrasound, Dr. Darr collects the cells, treats or "washes" them per the FDA's minimal-manipulation guidelines, then injects them into the joint, again using ultrasound guidance. The potential for stem cells to produce regenerative repair of damaged or necrotic joint tissue is high, and, because the cells are from the patient's own body, the risk associated with this procedure is extremely low. "It is autologous," explained Dr. Darr. "It is your own cells. That's key. We haven't had any complications; no rejections, no infections. It is safe and effective."

Connie Brennan is a local nurse who suffered from an osteochondral lesion (damaged cartilage) and arthritis in her knee. Brennan did her research, and found the science behind stem cell therapy to be both fascinating and convincing. Dr. Darr performed microfracture surgery on her knee to repair the lesion and administered cells therapy three weeks post-op. Brennan reported no pain during the collection and injection process, and said the success of the cell therapy was apparent when she compared the treated knee to her other

knee, which has continued to experience pain associated with arthritis. "I can definitely say that it worked," she said. "I have no pain, no signs of arthritis in the knee that was treated."

Dr. Kevin Darr is unique in his qualifications among those offering cell therapy in this part of the country. He was one of only fifteen physicians selected to participate in an FDA approved Level 1 clinical study utilizing cell therapy techniques. He is also published in an international medical journal and has trained with the country's leading innovators in the field. Dr. Darr is a board certified orthopedic surgeon with more than twenty years of surgical experience and with certification in guided ultrasound. Although this procedure is relatively simple from the patient's perspective, joints are inherently complex, and proper placement of the cells is essential. Ultrasound guidance allows Dr. Darr the highest level of accuracy for both collection and injection, and his surgical expertise makes him optimally qualified to customize treatment options to his patient's needs. "I feel that patients who come to me are comfortable because they don't feel pressured into having to have surgery," Dr. Darr said. "There are other options."

A WAVE OF RELIEF

Cell therapy treatment options are minimally invasive. Other advances in orthopedic care have produced nonsurgical treatments that are completely noninvasive. Two such therapies use waves that travel through the skin to improve circulation, increase blood supply, promote tissue regeneration, and retrain muscles. Accelerated Recovery Performance (ARP) Therapy uses a patented bioelectrical current to speed the body's natural recuperative ability. ARP waves contract a muscle 500 times per second, preventing atrophy and speeding recovery following injury or surgery. The course of this treatment is typically 11 days. "Almost everybody improves during that time frame," Dr. Darr explained. Athletes often use this therapy to accelerate recovery from a sports injury or from overtraining, particularly in preparation for a competition or event. Hannah Wagner, a year-round competitive swimmer, received the treatment after suffering from a shoulder injury. Following treatment, Wagner felt stronger and experienced a significant reduction in pain. She and her parents were very pleased that she was able to avoid surgery and return to swimming. "Dr. Darr was caring and wonderful," Hannah's mother April Wagner said. "We were so appreciative as a family."

Another noninvasive treatment, Extracorporeal Pressure Wave Therapy, sends strong sound waves (extracorporeal

shock wave energy) through the skin to initiate tissue repair. Three, five-minute treatments over the course of three weeks is often all that is needed, and most patients experience immediate pain relief. "It increases angiogenesis, [the process of creating new blood vessels], and it increases growth factor to that area," Dr. Darr explained. "I find it is helpful in combination with cell therapy, as well as in isolation for tendonopathies and ligament-tendon disorders; for pain that is resistant to standardized treatments." Extracorporeal Wave Therapy can treat pain in the shoulder, knee, hip, elbow, ankle, back, and neck and is often used in conjunction with cell therapy.



Fontainebleau High School swimmer Hannah Wagner was able to return to competitive swimming after receiving Accelerated Recovery Performance (ARP) therapy to treat a shoulder injury.

The determination of innovative medical providers like Dr. Darr to offer patients options that optimize outcomes is exciting not only for the patients, but for the innovators as well. Dr. Darr began laying the groundwork for new treatments such as these because he wanted more for his patients. "I felt there was a missing link in orthopedic treatments," he said, "that the options that the typical orthopedic surgeon had weren't enough." After twenty-two years in his field, Dr. Darr's passion for medicine is only getting stronger. "Most people at this stage might be slowing down. I'm just gearing up."

1. United States Bone and Joint Initiative: The Burden of Musculoskeletal Diseases in the United States (BMUS), Third Edition, 2014. Rosemont, IL. Available at <http://www.boneandjointburden.org>.

ARE YOUR

KIDS

READY FOR

SUMMER?

**2017
SUMMER CAMP**

Session 1 **May 29-June 2**

Session 2 **June 5-9**

Session 3 **June 12-16**

Session 4 **June 19-23**

Session 5 **June 26-30**

Session 6 **July 3-7**

Session 7 **July 10-14**

Session 8 **July 17-21**

Session 9 **July 24-28**

Session 10 **July 31-Aug 4**

Kids Mardi Gras Parade

Friday, February 24 11:15am

Mardi Gras Camp

Monday, Feb. 27 - Friday March 3

Parents Night Out

March 25, April 29

Drop your kids off for an evening of fun

Spring Break Camps

Friday, April 14 – Friday, 21

“School’s Out” Summer Day Camp

Wednesday, May 24

Thursday, May 25

Friday, May 26

Junior Fitness Instruction

Feb 10 - 12

Fri 4:30pm - 6pm

Sat & Sun 11am -12:30pm

Mardi Gras Break, March 1-3

11:00am - 12:30pm

Easter Break, April 17 - 19

11:00am - 12:30pm

JFI is a program designed for kids 8-13 years of age. This is a 3-4 day certification course and allows your child access to the Fitness area.

Swim Clinic

“Flippers” Spring Swim Clinic

March 7 – May 11

Tennis

ages 4 & up

Scooby Doo, Champions, Jr. Aces, Aces, Jr. Academy, Academy

Exercise Classes

Free for all ages! Zumba, Yoga, Pound, Body Jam, and Cardio Challenge



OTHER ACTIVITIES

included in membership: Basketball, Racquetball, Cardio & Weight Room (if JFI certified), swimming (if lifeguard or parent is present), hanging out in the Media Lounge.

LET FRANCO'S
HOST YOUR CHILD'S



Call 985-792-0243 to book
your party today!

AND THE WINNER IS...

FOR FRANCO'S TENNIS

USTA Charity Tennis Event Of The Year Awarded To Racquets For Reagan Tennis Tournament Hosted By Franco's Athletic Club.

"We were honored to receive this award," said event founder, Shelly Sisson. "I am so grateful to have the opportunity to give back to St. Jude's Children's Research Hospital. Because of our daughter Reagan, we know first-hand how amazing this hospital is, and we are so blessed with Reagan's remission that we want to try to give back as much as we can." With the help of Franco's Athletic Club, Sisson and her team of event organizers have raised more than \$205,000 for St. Jude's in just two years.

Sisson credits tournament sponsors Bill Hood Chevrolet, Northwestern Mutual of Louisiana, and Dominos, along with the support of the community, with the success of the event. "There is a lot of hard work, time, and tremendous effort needed to make this tournament a success," Sisson said. "We would like to thank Franco's for hosting this event and all of the Franco's volunteers who helped. We also would like to thank Franco's manager, Wayne Morris, for believing in our mission."

The Next Racquets for Reagan event is September 27-October 1



Congratulations, Taylor Garcia, Female Winner Of The Gus Rivera Junior Achievement Award!

The Gus Rivera Junior Achievement award is presented annually by the United States Tennis Association (USTA) Louisiana to the most outstanding male and female junior tennis players based on their performance throughout the year in rankings and tournaments, as well as in sportsmanship on and off the tennis court. Cotter Wilson of Shreveport, LA and Taylor Garcia of Mandeville, LA both received this award for the second consecutive year.

About Taylor ...

Enrolled as a junior at Mount Carmel Academy in New Orleans, Taylor maintains a 4.4 GPA in a full-time honors curriculum. Until 2016, Taylor was a two-sport championship varsity athlete (soccer and tennis). Taylor began playing tennis at the age of 9 and has trained with Walker Sahag of Franco's Tennis Academy for the past 8 years. She has been selected to represent Team Louisiana in the Southern Junior Cup competition for five consecutive years. Taylor is ranked Top 50 in the Southern Section and is considered the #1 tennis recruit for college from Louisiana in her graduating class. Taylor's aspirations include playing collegiate tennis and pursuing a degree in business with a focus on legal studies.



Taylor Garcia

Burnout or Fade Away? GAME CHANGER:

Hi Ashley,

This year has been all soccer for my son. He has played almost nonstop from the freshman season until now, and has become an excellent striker; starting for the varsity team as a sophomore. While I am proud of all he has accomplished, I am beginning to see the signs of burnout. He isn't finishing his homework, and is fighting a nagging hip injury. I want him to take the spring off. He's worried that his skills will decline, and wants to keep playing. What do you recommend?

- Burned Out

Dear Burned Out,

First, congratulations on having such a driven young man! In the era of smart phones, social media, and easy internet entertainment, having a year-round athlete is certainly something to be proud of.

Yet we must balance that drive with a level of realism. Should we compete all the time? No. So how do we choose when to focus on something different? While I cannot referee between your concerns and your son's desires, hopefully I can give you some information to help you decide the right course of action.

Your Greatest Sports Ability is Availability:

Many young athletes feel like every game is the big game, so they play through those nagging aches and pains. Then, just before the real big game, they are sidelined with an overuse injury, or worse, a season-ending one. Nagging pains are your body's way of telling you that you have something to pay attention to. Make sure you listen, and find a professional that can help you address the issue.

Muscles Atrophy, Skills Don't: Many young athletes worry that their skills will degrade in the offseason. While I understand their worry, I think they are focused on the wrong thing. Does anyone honestly believe that Kobe Bryant forgot how to hit a free throw when he retired? Of course not. Skills are stored in your memory, not your muscles. But muscles do atrophy, often in as little as a week of inactivity. So it's perfectly ok to take some time off of your sport, as long

as you are maintaining your fitness through performance training or other athletic activity.

New Strength Unlocks New Skills: If a player has great skill (but little strength) in hitting a baseball, he may be able to hit well into the infield. But adding more ways to hit into the infield will not be as effective as building the strength to hit a home run. Can you develop strength only through skill development? Of course. But a good strength training program will deliver larger gains faster than more hitting practice.

Lastly, the largest issue of sports burnout is not the physical worries, but the mental ones. If your athlete is overtired and unable to keep his focus enough to maintain his grades, I would view that as a far more detrimental issue than losing the varsity position. Why? Because a sharp mind leads to success both in the classroom and on the field.

Taking a break from time to time is important. As long as you and your son have a plan to maintain his physicality, I believe he will come back to the sport better than he left it.

-Ashley



Ashley Lange is a Louisiana State Volleyball MVP and All-American, as well as the Track State MVP and two-time New Orleans Hall of Fame Athlete of the year. She serves as director of sports performance at Athletic Republic. Have a specific question? Ask her directly at 985.801.0500.

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WHY NOT?

Amy Boothe: Making Her Mark on the Skincare Industry

When O Spa manager and aesthetician Amy Boothe tells the story of her career path, and of how she came to create her very own line of skin care, there are two words that describe the attitude that propelled her: “Why not?” It wasn’t that opportunity came knocking at every crossroads and all Amy had to do was to let it in. (Though it could appear that way). It was that Amy was not afraid to take chances, and she was passionate about the industry she had chosen.

Amy began experimenting with skin care early in life. “I would put masks on my [twin] brother,” she laughed. “The apricot scrub, and the cucumber mask you peel off, I did all of that in high school - to him, to me, to friends.” After high school, Amy’s best friend asked her to enroll in the Aveda Institute with her. She told Amy how wonderful it would be to get to do facials, waxing, and makeup on people. Amy thought, “Why not?”

Upon graduating, Amy was immediately hired by an upscale salon and spa in Old Metairie. There, she quickly built a high-end clientele. One of her clients was the wife and business partner of a specialty physician who owned a lab where skin-related clinical studies were performed, and an adjacent factory where medical-grade skin care was developed. She asked Amy to help conduct microdermabrasion studies. “Why not?” She

said, “What an opportunity! I would go there and do my clinical studies on the computer, see how the stratum corneum, the epidermis got smoother and tighter from microdermabrasion, and then I would go in the back where they were manufacturing the product. They had a box there where they put the products where the label was crooked, the ones they couldn’t sell. I would dig through that and experiment - it was really cool!” As a new aesthetician, Amy was learning things many skin care specialists never have the opportunity to learn.

She wanted to learn more. So when a coworker in the salon and spa invited her to go along with her to apply for a position at the Ritz Carlton, Amy could not think of a reason why she wouldn’t. “If I’m going to be in this industry, I need to work for the best.” She got the job, and began working for the Ritz Carlton New Orleans in September of 2000.

In 2002, Amy’s next opportunity knocked. An aesthetician who was leaving the plastic surgery department of Ochsner Hospital recruited Amy to take over her position. It was a chance to learn more about medical aesthetics, and to broaden the spectrum of her professional experience. There, she got to work with



Amy is a licenced Aesthetician



Amy Boothe
O Spa Manager

medical-grade products such as Obagi and M.D. Forte, to do treatments only available to doctors, and to strengthen her knowledge of the underlying anatomical and cellular mechanisms at work. But the Ritz Carlton wanted her back. So after a year with Ochsner, she returned. She became lead aesthetician, which meant she was responsible for everything from employee training to media relations. "It was a big honor," she said.

During her second tenure with the Ritz, Amy married and moved to the northshore. She was pregnant when Hurricane Katrina hit. The commuting and hardship of post-Katrina life took its toll. After the birth of her daughter, Savanna, and the diagnosis her daughter received that would mean strict dietary restrictions, she stopped working outside of the home. When Savanna was two years old, Amy returned to the workforce part-time, learning laser techniques at a med spa wellness center on the northshore. She returned on weekends to the Ritz Carlton spa.

"And then, Wayne called." It was 2008 and her favorite manager from the Ritz Carlton had taken the helm as General Manager of Franco's Athletic Club. He told Amy that whenever she was ready to "come out of retirement," he would love to have her as the director of Franco's O Spa.

Through her early experiences, Amy had developed a firm knowledge base of the science and the business of skin care. As O Spa director, she has built a staff and a clientele that she adores. But rather than consider this role to be the apex of her career, she created the next "Why not?" for herself.

Amy took her experience with different skin care lines from different environments, coupled that with what she learned while traveling to skin care shows all over the world, and literally bottled that knowledge. She reached out to the doctor who had first opened her eyes to the clinical benefits of high quality ingredients to have the line produced. She knew that he could help her create a line that she would truly believe in. After two years in development, he contacted her and said, "It's ready." OneLine was born.

In 2016, Amy rolled out the first "family" of OneLine Skincare –the anti-aging family. "Here, most people want antiaging skin care. They're on the courts; they're at the pool; they are outdoors; it's Mandeville. They need sun repair." Most of all, Amy wanted to create a line that was simple and effective. "There are so many products and so many lines. Sometimes people come in and say, 'Oh, my God. Do I need all of this?' You don't. With OneLine, you can incorporate just the retinal cream or just the microdermabrasion in a bottle." Amy recommends using what is right for your skin type regardless of whether it's all from the same line. "So many people are using the wrong thing because they don't know," she said. "I don't want to sell you a skin care product and then send you out the door. It's a relationship. It's a journey. I want to see what you're working on or why that's that way, because it's what I know. It's my passion!"



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What's **HOT** In Hair

Natural looks, soft texture, and tousled waves are all the rage in 2017. Get the right color and the right cut and you will be set for some straight-out-of-bed glamour.



This is the year for messy looks and medium lengths. Turn it up with voluminous curls or texturize your natural wave for a more grunge vibe.

In colour, we continue to see natural roots and gentle sombre, a close relative of the ombre with a softer join where the colors connect.



What do you call a long bob?

A lob, of course! Still popular in 2017, this length is great if you want to keep it sophisticated but still be able to tie it up. Easy tousled layers are beautiful and super glam.



Vibrant colour continues to wow us - the glossier the finish, the better!

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