

Waterworks On Wheels Newsletter

October News



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Dear Janice,

It may not *completely* feel like Fall yet, but....

Please keep in mind that drowning is not only a warm weather danger. Any open water, bathtubs, canals and even covered swimming pools can be a risk. Always maintain eye-to-eye contact with children around water.

Top Five Beverage Choices for Swimmers

by Chris Rosenbloom, PhD, RD, CSSD via usaswimming.org

After 30 minutes of swimming, dehydration can occur. Environmental factors contribute to a swimmer's dehydration-warm water temperature and warm, humid air around the pool can increase the need for fluids. The National Association of Athletic Trainers recommends drinking about 2 cups (16 ounces) of water 2 to 3 hours before a workout or swim meet with another 1 cup (8 ounces) 10 to 20 minutes before diving into the pool. Most workouts are long and strenuous, so drink about 1 cup of fluid every 10 to 20 minutes during your workout. Keep a sports bottle filled with water at poolside so it is in easy reach.

What should you drink? Try these 5 choices and switch up your drinks for variety.

[*Read More*](#)

Sign Up Today for November Sessions

Join one of our three East Valley locations:

[Fitness Works Chandler](#)

[Fitness Works Gilbert](#)

Tuesday/Thursday Session at Gilbert location:
November 1st - November 29th: afternoons (no class 11/24)

Monday/Wednesday Session at So. Chandler location:
November 2nd - November 30th: afternoons (no class 11/23)

We take a break in December, so now is the time to get those lessons in before the holidays begin!

(480) 461-3888

Join Us This Saturday at Dana Park for The Paisley Pumpkin Holiday Festival!

Waterworks On Wheels will be right by the Bounce House - Booth #19 - from 10:00am to 6:00pm. Stop by and say hello to Miss Taylor and Miss Elizabeth, then check out all the awesome activities: vendors, food, stage, bounce house, petting zoo, prizes and more!



JOIN US SATURDAY, OCTOBER 22ND AT DANA PARK (VAL VISTA & I-60) * NEAR BARNES & NOBLE FOR THE 1ST ANNUAL PAISLEY PUMPKIN HOLIDAY FESTIVAL.

**The festival helps raise funds for The Miss Maricopa County Scholarship Program.*

THERE WILL BE BOUNCE HOUSES, A STAGE WITH LIVE BANDS, A FREE PETTING ZOO, FOOD & OVER 100 CRAFTERS, ARTISANS & BUSINESSES AT THIS ONE DAY OPEN AIR FAMILY FESTIVAL.

October Newsletter Contest

And the winner is...



Congratulations to the September Newsletter Contest Winner! The question was:

How many families donated items for the Waterworks On Wheels/Cardon Children's Medical Center Wish List Drive?

We had several answer submissions and we appreciate everyone playing along. The answer we were looking for was in our August Newsletter: ***Eleven***

Congratulations to J. Wortzel from Gilbert, AZ for submitting the correct answer and winning the drawing! Your \$10 Target gift card is in the mail!

**The October Newsletter question is:
What household product is a good general neutralizer to get chlorine out of your swimsuit?**

Email answers to info@waterworksonwheels.com -- correct answers will be entered into a drawing for a gift certificate.

Personal Notes from Janice...



Perry & I at the last winery on our trip!

It's still challenging for me, even after living in Arizona for 30 years, to think of this as "fall". I come from Buffalo, New York, and although we really didn't have FOUR seasons, (they say we have two seasons: "Winter and Fourth of July" - LOL!) when it is October, the weather is cool or cold. In Arizona we are still hitting the 90s. Don't get me wrong, I love this weather. You can sit on the patio in the mornings and the evenings. Every chance I get we choose a restaurant that has outdoor seating this time of year. The challenge is putting up fall decorations! Autumn-colored wreaths, pumpkins, fall colors - I just can't do it yet!

In September, Perry and I went to Sonoma and Napa with friends Dave and Sheila. The photo you see is the last winery we visited on the way out of town toward the Oakland Airport. We rented a cute little house in Sonoma. We were treated to a very unique private tour in Napa Valley thanks to one of my water aerobics students who has a son-in-law who is President of Far Niente and Nickel and Nickel. He understands the soils, grapes, and all that goes with the vineyards in this region. He then turned us onto a friend with another cute "out of the way" winery with a private tour of their beautiful vineyard, driving around through the vineyards in a golf cart! The next day was Sonoma wineries, one after the other, then a wonderful dinner outside in the California fresh air. And Sunday September 25th was the all-day Doobie Brothers Concert at B.R. Cohn Winery in Sonoma! We rocked to Jim Messina, the Doobie's, Lynard Skynard and others overlooking the wineries and getting served food and wine. We looked around, and saw an awful lot of OLD people. Wait a minute.....look in the mirror!! Great time had by all.

Tara will be here this weekend with boyfriend Kevin for a good college friend's "wedding after-party". We'll get to spend some time with them for a few days and with a big dinner party on Sunday. They are also looking to wear Cardinals gear and go to the game so we can watch Erin cheer and hopefully finally see a WIN??

Erin is as busy as ever with the Cardinals, helping my mom, running the business and traveling. She is already talking about centerpieces for our Thanksgiving table, so I guess we better "gear up" for perhaps our favorite holiday. I guess Christmas is #1, but the "big family feel" of Thanksgiving is a close 2nd.

Luke has been working as a landscaper for at least three weeks now in Scottsdale. Getting up really early, working very long hours. Not something that he is used to doing! But he does like to work outdoors and is hanging tough.

Hope you all are well and "gearing up" for the holidays you enjoy with your families as well.

Yours in Health,

Janice

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