

# Here's to Your Heart

## It is important to us!

Everyone knows that February holds the most "loved" holiday, valentines day. Did you know that it is also American Heart Month. What better way to say I love you than taking care of your health so you will be around and active for years to come. We are packing this month's newsletter full of tips and information on how you can do just that so don't miss a thing and keep on reading! You will be glad you did.



Lets start with the basics.

Here are the American Heart Association's Recommendations for staying heart healthy.

### For Overall Cardiovascular Health:

- At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150**OR
- At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity **AND**
- **Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

### For Lowering Blood Pressure and Cholesterol

An average **40 minutes of moderate- to vigorous-intensity** aerobic activity **3 or 4 times per week**

Are you staying heart healthy with the right about of exercise?

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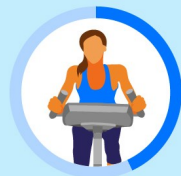
### Don't' forget

- Weight room orientations will be held on February 8th & 20th at 10:00am. You **MUST** register to participate
- February 2nd is national **WEAR RED DAY** in support of women's heart health.

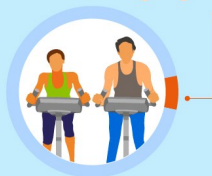
## Here's why you should work out WITH A PARTNER



People who train alone have a gym dropout rate of **43%**



If you **train together**, the dropout rate decreases to **6.3%**



Even a **phone call from a friend** asking about your progress increases exercise frequency by

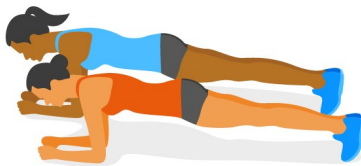
**78%**



People who trained with a virtual workout buddy **performed the exercise 24% longer** than those without.

Thanks to the Köhler effect, the weakest link, who on their own can only hold a plank for 1 minute, can plank for

**2 minutes** with a training partner.



**236**  
**195**

Women who exercise with friends burn **236 calories** per session. A solo session only burns **195 calories**.



A solo gym session lasts **36 minutes** on average. If you train with a friend, you work out at least

**6 minutes** longer.



## Better Together

Come on, you know this, working out with a partner is way more fun and beneficial than working out alone. We tell you every year and we do that because it is true and we want to see you succeed! What better time to start

your partner workout than in February.

Use a combination of methods to always stay interested and active. Here are a few of our favorite ideas for exercising together.

*"You don't have to be doing the same exercise to be exercising together!"*



- 1) Hit the weight room together. *You don't have to be doing the exact same thing to be working out together, just both of you being in the weight room is motivating and it is always nice to have a spotter close by!*
- 2) Blast calories with a cardio class.
- 3) Go for a run. *Pick two tread mills side by side and get started.*
- 4) Get outside for a hike, bike ride or some other activity you will both enjoy.
- 5) Go dancing or take a class.
- 6) Swim a few laps. *Share a lane or grab two side by side.*
- 7) Play a little one-on-one basketball. *Basketball is great exercise. Check out [this fun calculator](#) to see just how many calories you can burn.*

See more fun partner



*Step instructors, Marjorie Yaksick (left) and Rebecca Turner (right).*

## STEP into a class you will love!

We have been excited to welcoming new members and to see previous members return! Keep it up! You're doing great!

Classes have really picked up! One class in particular is Thursday's 5:30 Step.

In the late 1980's, Gin Miller, founder of Step Aerobics, introduced the idea and it became one of the biggest phenomena in the fitness industry and is still a mainstay for group fitness around the world.

Marjorie Yaksich and Rebecca Turner are fantastic Step instructors! Fun music and great choreography make this cardio packed class one of our most popular evening classes! You are guaranteed to sweat, and I do mean SWEAT! Many who attend have attended for years while others decided to give it a try and quickly became hooked! If you haven't yet experienced this fast paced, energetic class, maybe it's time. It's a blast!

During the week of Valentines we will be giving class participants cool prizes and, perhaps a few surprises!

Best of Health,

Pam Jennings

## Coming Class Schedule Changes

Beginning in  
February

- Monday evening Ride class will now start at 6:20pm
- Monday evening Pilates class will now start at 7:00pm.
- Wednesday evening Ride class will now start at 6:20pm

Please use our website and Facebook page to keep up with the latest news and schedule changes

Did you know we  
offer a 5:30AM  
RIDE CLASS  
Monday, Wednesday  
& Friday for the  
early birds!

### The Deadliest Diet

A poor diet packed with meat and salt can lead to an earlier death, according to an ominous report about dietary habits published by researchers at Tufts Friedman School of Nutrition Science and Policy.

They say just 10 foods account for almost half of all deaths in the U.S. from “cardiometabolic” disease — or heart disease, stroke and type 2 diabetes.

Their report boiled down nicely what people should and shouldn't eat in order to dramatically lower their risk of heart disease.

**The four foods you should eat less of:**

- Sodium
- Processed meats (like bacon and bologna)
- Sugar-sweetened beverages
- Red meat (such as steak and hamburgers)

**The six foods you should eat more of:**

- Nuts
- Seafood rich in omega-3 fatty acids (like salmon and sardines)
- Vegetables
- Fruits
- Whole grains
- Polyunsaturated fats (such as soybean oil, corn oil, walnuts and flaxseed oil)

See the full article [HERE](#)

## Happy heart day to you!

This year celebrate valentines day with fitness, food and your favorite people. Grab that special someone or your best friend and share an awesome day. No time with your crazy workday, not problem! Just pick a weekend to celebrate.

## First, work up a sweat...

Exercising together is a great bonding experience for couples. Being there to encourage one another and share in a common motivating goal really strengthens that feeling of togetherness. Plus, working out with someone else increases the chances of you starting and sticking to your fitness plan. Take a minute before coming to the gym to find some fun couples exercise that you can do. Just remember it is about having fun together so be sure it is something both people will enjoy and can accomplish. Check out page two for some workout ideas.

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*"be sure to prep all your food before cooking so you can really focus on having fun and enjoy spending time with each other!"*

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## Then, an appetite!

Now that you have burned up those calories it is time to replenish



them. Rather than going out, spending a fortune and eating your weight in food... how about cooking a meal together. Make it something light, yummy and fun to make. Here are a few of our top recommendations for your date night dinner.



## Pizza

It is hard to go wrong with a pizza and with so many options you can each have just what you like. For those who want convenience, buy your crust pre-made. Don't worry, pizza does not have to be the heavy calorie load it is known for. Check out this [LIST](#) of healthy pizza ideas!

## Sushi

Are you the adventurous type, then sushi may be for you. This is a fun and unique meal to make. Don't expect it to turn out perfect but do plan on having a blast making it. Our tip, be sure you prep all your ingredients ahead of time!



Try one of these delicious [RECIPES](#).

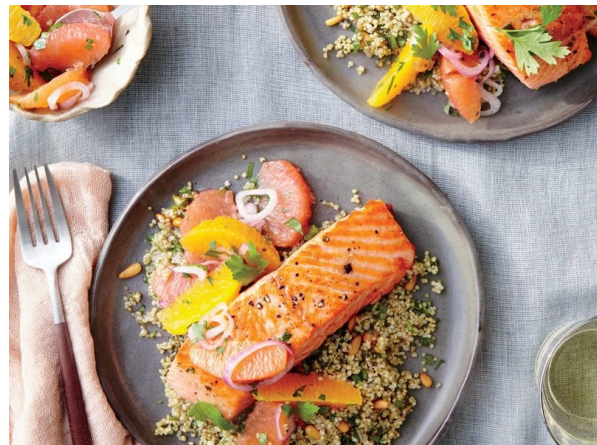
## Traditional

For those of you who want a more traditional options, how about [Sautéed Salmon with Citrus Salsa](#). This light meal is sure to leave you with lots of energy. Pair it with a hearty whole grain side to complete the meal.

### Cooking Instructions

#### Ingredients

- 1 tablespoon extra-virgin olive oil



- 2 (6-oz.) salmon fillets, skinned
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup grapefruit sections
- 1/2 cup orange sections
- 1/4 cup thinly sliced shallots
- 1/4 cup chopped fresh flat-leaf parsley
- 1 1/2 tablespoons fresh lime juice

### Cooking Instructions

#### Step 1

Heat a nonstick skillet over medium-high. Add 1 teaspoon oil to pan; swirl to coat. Sprinkle fillets evenly with 1/4 teaspoon salt and pepper. Add fillets to pan; cook 4 minutes on each side or until desired degree of doneness.

#### Step 2

Combine remaining 2 teaspoons oil, remaining 1/4 teaspoon salt, grapefruit sections, and remaining ingredients in a bowl; toss. Spoon grapefruit mixture evenly over fillets.

# FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day, Nat'l Wear Red	3 Smart Start Basketball
4 Super Bowl	5	6	7	8 Weight Room Orientation	9	10
11	12	13 Mardi Gras, Shrove Tue.	14 Valentine's Day, Ash Wed.	15	16 Chinese New Year	17
18	19 Presidents Day	20 Weight Room Orientation	21	22	23	24
25	26	27	28	February is Black History Month and American Heart Month		

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

## From Our Members

We are lucky to have a whole lot of wonderful members who we love to hear from. Here is what a couple recently had to say about our fitness classes...

“

*Just want to let you know how much we enjoy the fitness classes offered by the rec center. The classes that we attend are very challenging, and the instructors are competent, energetic, professional and courteous. We appreciate all that you and your staff do to make your classes meaningful, enjoyable, and beneficial. Please keep up the good work.*

*Ron & JoEtta Gantt*

“

*I wanted to write and tell you how much I love the aerobics classes offered at CCRC! I've been a member of CCRC since we moved to Clemson in 2004. I've been a regular in the morning aerobics classes since then and really appreciate all of the planning and effort it must take for you to produce such fresh and innovative classes.*

*The variety of the classes are awesome! There's something for everyone and all ability levels. In all of the classes I've attended you've made everyone feel welcome and offered modifications that help so much.*

*I want to personally thank you for helping make the CCRC a place that I look forward to coming to each day. Your efforts do not go unnoticed!*

*Sincerely, Gabby Wilson*

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