

FEBRUARY 2020

CENTRAL-CLEMSON

Recreation Center



What's inside this issue:

CALENDAR....2

ALL FOR THE HEART....3

EQUIPMENT UPDATES....4

FOOD DRIVE....4

RECIPES....5

FITNESS NEWS....6

FITNESS NEWS CONT....7

ASK NICKIE....8

ALL FOR THE HEART CONT....9

ASK NICKIE CONT....9

IT'S A FABULOUS FEBRUARY AT CCRC

AND WE CAN'T WAIT TO SEE YOU

February is here and we could not be happier. Our facility improvements are well under way and our spirits are feeling light. How about yours? Have you stuck to your New Year's resolutions of working and eating right? We know you have and we want to help you keep it up into February. Keep reading for tips on how you can keep yourself, and especially your heart, healthy with diet and exercise (February is heart health month) Also, be sure to take a look at the dates for our upcoming weight room orientation so you will be comfortable and formidable on all the new equipment!

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Ground Hog Day Super Bowl Sunday	3	4	5	6	7 Weight Room Orientation @ 10am	8
9	10	11 Weight Room Orientation @ 11:30am	12	13	14 Valentine's Day	15
16	17 President's Day Weight Room Orientation @ 10am	18	19	20	21 Weight Room Orientation @ 9am	22
23	24	25 Mardi Gras	26 Ash Wednesday	27	28	29

Don't forget to register for one of our weight room orientations!

ALL FOR THE HEART

HAPPIER AND HEALTHIER

When you care for your heart, your entire body benefits. A healthy heart means a better quality of life and allows us to function at our best. Here are five effective ways to improve and maintain heart health:

1. Eat the right things:

Consuming the vitamins and minerals your heart needs provides the foundation for a healthy heart. Foods that support heart health by reducing cholesterol, lowering blood pressure, and reducing inflammation include: Oats and barley, Fatty fish, Dark leafy greens, Nuts and seeds, Beets, Avocados, Olive oil, Legumes and Low-fat dairy. Sodium is a silent but harmful ingredient in most processed foods—the average American gets about 80% of their daily salt intake from these alone. By limiting the amount of processed foods you consume, you may be able to eliminate excess sodium from your diet. Looking for an alternative to salt to flavor your foods?

Try adding a bit lemon, vinegar, or different herbs. This adds flavor without the negative effects of sodium.

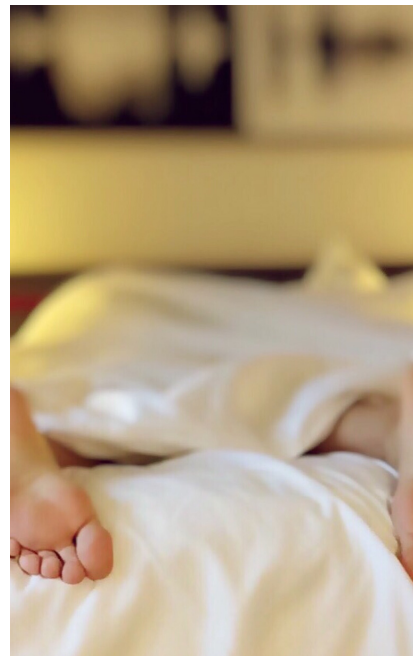
2. Get enough sleep:

Not getting enough sleep puts you at a higher risk for cardiovascular disease and coronary heart disease—regardless of age, weight, smoking, and exercise habits. Sleeping too little changes the way our body functions and can affect blood pressure. This also goes the other way—too much sleep can also negatively impact heart health. Make sure to get the recommended seven to nine hours of sleep every night, and you'll be on track for supporting better heart health.

3. Exercise daily:

Three types of exercise are vital to heart health: aerobic, resistance, and flexibility (think running, strength training, and yoga, for example). By varying the type of exercises that are performed every day, you can strengthen and train the heart in different ways. Get the minimum of 30 minutes a day of movement to get your heart pumping.

Continued on page 8



Be sure to take a look at page 5 for two great heart healthy recipes!



NEW EQUIPMENT

HAVE YOU SEEN IT?

Our much anticipated weight equipment has arrived. Now, when you step into the Weight Room you will have access to the newest equipment available. Here are some of the phenomenal features you will find

- Create an account on one piece of Precor equipment and it will track your progress across all of our Precor equipment.
- Stay consistent and effective with a digital counter on the weight equipment.
- Watch Netflix, Hulu, or ESPN+ on the cardio equipment.
- No need for wires, using blue tooth you can connect your phone or ear buds to the cardio equipment, giving you the music and TV you love.
- The weigh equipment features placards for clear instructions, QR codes and NFC capability for workout tracking.
- Is your battery running low? Now you can connect your phone right to the cardio equipment to charge.

Come try it out for yourself and discover other great features or join one of our upcoming weight room orientations (page 2)

AFTER SCHOOL CARE

CANNED FOOD DRIVE



The CCRC After School Care Kids will be holding their 2nd annual Canned Food Drive during the month of February. All donations will be going to Clemson Community Care. We would love for everyone to participate and make this the best month of giving it possibly can be. You will find boxes located around the facility.

Thank you, CCRC ASC Staff and Kids

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If you can't feed a hundred people then just feed one.

-Mother Teresa

HEART HEALTHY RECIPES FOR ALL TASTES



SEARED TILAPIA WITH PINEAPPLE AND CUCUMBER RELISH

Winter can get heavy with its casseroles, stews and slow-cooked meats. Add a little lean brightness to dinner with this piquant dish, featuring a gingery-lime relish that's sure to become part of your weekly rotation.

INGREDIENTS

1 c. long-grain white rice, 2 tbsp. fresh lime juice, 1 tbsp. grated ginger, 2 tsp. honey, 2 tbsp. olive oil, Kosher salt and pepper, 2 scallions, 1 jalapeño pepper, 1/2 small pineapple, 1 small English cucumber, tilapia fillets

DIRECTIONS

Cook the rice according to package directions. Meanwhile, in a large bowl, whisk together the lime juice, ginger, honey, 2 Tbsp oil and ¼ tsp each salt and pepper. Toss with the scallions, jalapeño, pineapple and cucumber. Heat the remaining tsp oil in a large nonstick skillet over medium heat. Season the tilapia with ¼ tsp each salt and pepper and cook until golden brown and cooked through, 1 to 3 minutes per side. Serve the fish with the rice and relish.



HEARTY BEAN BURRITO BOWL

This deconstructed burrito leaves out the carb-heavy tortilla and subs in brown rice for the usual white; it's a healthier version of the classic Mexican dish.

INGREDIENTS

3 tbsp. fresh lime juice, 2 tbsp. olive oil, 1/2 tsp. ground cumin, Kosher salt and pepper, 2 c. cooked brown rice, 1 can black beans, 1/2 head romaine lettuce, 1 c. roughly chopped fresh cilantro, 1 pt. grape tomatoes, 1 avocado, 1/2 small red onion, low fat sour cream, tortilla chips, Lime wedges, Hot sauce

DIRECTIONS

In a small bowl, whisk together the lime juice, oil, cumin, and 1/2 teaspoon each salt and pepper. Divide the rice and beans among serving bowls. Top with the lettuce, cilantro, tomatoes, and avocado. Sprinkle with the red onion, then drizzle with the dressing. Serve with sour cream, tortilla chips, lime wedges, and hot sauce, if desired.

Find more recipes [HERE](#).

FITNESS CLASS NEWS

It is February already? Hope you made it through January after setting your fitness goals for 2020! From long time members to new members, we are constantly receiving positive feedback about our classes and instructors. Why put yourself through the same mundane workout week after week when you have access to instructors who can take the reins and lead you through a wide variety of exercises each time you attend classes? We're here for you, so come and see us!

CHANGE IS COMING

We regret to announce that Kirsten Craft will no longer be leading Wednesday's noon Fit For Anything. She has done an amazing job in creating fun, effective workouts! We are happy to announce that Kirsten's replacements for Fit For Anything will be two instructors who will be alternating weeks. One instructor, you know very well. Marjorie Yaksich currently teaches Monday's



noon Build It, Burn It. Also, she alternates weeks with both Thursday's TRX at 8:00 AM and Step at 5:30 PM. Laura Miller has served as a sub for some of our noon classes for several years. We are excited to bring her on board as a permanent instructor! Both Marjorie and Laura are positive, energetic, and experienced instructors who will be perfect for taking over this class!



For now, Kirsten will continue teaching Tuesday's and Thursday's 9:00 AM Deep Water, and, for now, Pam Jennings will be taking over 10:00 AM Senior Functional Fitness.

SERENITY NOW, WITH YOGA AND AI CHI!

Many of us tend to put other's needs ahead of our own, especially when it comes to our spouse and children. While that's understandable and it's always good to lend a hand to someone in need, in order to do so, we must take care ourselves in order to be healthy in both mind and body. CCRC offers two different types of classes, yoga and Ai Chi, which will lead you towards holistic fitness. True health comes from not only being physically fit, but also mentally and emotionally balanced. In participating in one or both of these classes, you will experience stress relief which just may be the best wellness of all! It is a known fact that stress can lead to mood swings, depression, illness, and disease. Yoga and Ai Chi can bring you inner peace, increased energy, calm your anxieties, alleviate depression, and bless you with a stronger immune system. The more you integrate the practices of yoga and Ai Chi into your weekly routine, the more profoundly you will experience the benefits. So give your mind and body a one hour mini-vacation and enjoy life more fully!

Continued on Page 7



FITNESS CLASS NEWS CONTINUED...

CLASSES ARE FOR EVERYONE

All classes, water included, are designed for both men and women, however, one misconception may be that men believe Barre classes are just for women. Not true. Yes, Barre was created by a woman, a former ballerina. She had injured her back so she chose movements that were both therapeutic and rehabilitative in order to strengthen core muscles for better skeletal support. I'm pleased and proud to say that we now have 4 to 5 men participating in either Thursday's 8:00 AM or 12:00 PM BarreAbove! Much work is placed in the legs as you will be performing lunges, squats, and other lower body exercises that improves balance and increases endurance.

Cyclers and runners, BarreAbove will be beneficial for you as you will achieve better muscular balance through strengthening inner and outer thighs. Give it some consideration and I hope to see you next week, not only in BarreAbove, but other classes as well.

Best of health,
Pam Jennings



Fitness Classes Coordinator

SMART START BASKETBALL

We would like to thank the Daniel High School Women's and Men's Basketball Teams for volunteering their time to this year's Smart Start program! Their enthusiasm and expertise helped make it a wonderful experience for all involved and we could not have asked for better bunch.

ASK NICKIE



Nickie knows, and now you can too!

Question:

Dennis who is a member wants to know... What are the most effective weight machines? Are certain ones better than others?

Answer:

Great question Dennis. Each machine has its own unique purpose and all of them are great for working particular muscle groups, however as a general rule there are a few that are very effective and can be incorporated in your workouts.

1. Lat Pull-Down: A strong back will help you stand taller and reduce injury risk.(It works the latissimus dorsi muscles (or lats) which are located on your back and wrap around the posterior of your ribcage.)

2. Pull-Up/Dip Machine: Pull-ups are tough, but so are bodyweight dips. This combo gym machine allows you to work on both of them while reducing the percentage of your bodyweight that you're actually lifting.This machine helps maintain good form as you build strength in your entire upper body, especially if you're a beginner or want to work on high-rep, low-weight sets.

(I recommend using 50 to 70 percent of your bodyweight for 3 sets of 8 to 10 reps.)

3. Seated Row Machine: Like the lat pull-down, the seated row machine works the lats focusing more on the mid-back since you're pulling the weight toward you horizontally. It also works the backs of your shoulders, biceps, and rhomboids (another back muscle). This is a great move if you sit at a desk all day. Try 3 sets of 8 to 12 reps.

4. Chest Press: This exercise is an incredibly effective way to work several muscles at once.The chest press machine is a great way to isolate your anterior deltoids (the front of your shoulders) and pectorals (chest muscles) without putting too much strain on your wrists and shoulders like push-ups do. What's more, "if you have carpal tunnel or hand/wrist issues, a chest press machine is a great alternative to a bench press or push-up but works very similar muscle groups. Try 3 sets of 8 to 12 reps.

5. Seated Leg Press: The leg press machine with back support offers a modified squat position, working your glutes, hamstrings, and quads without putting too much additional strain on your lower back and knees. Try 3 sets of 8 to 12 reps.

6. Hamstring Curl: Hamstrings are one of the most difficult muscles to isolate and work safely and effectively. The hamstring curl machine allows you to do both. It forces your hamstrings to do all the work without letting your quads take over. Try 3 sets of 8 to 12 reps.

Continued on Page 9

ALL FOR THE HEART CONTINUED...

4. Stop smoking Smoking: with all of its negative side effects—is detrimental to heart health and is the cause of many diseases. In the U.S. alone, smoking kills the equivalent of three crashed jumbo jets every day. By simply quitting smoking or avoiding it altogether, you're saving your heart from almost inevitable complications.

5. Manage stress:

We all have busy lives and stress is inevitable. While we can't avoid it entirely, we can make attempts to manage stress in a healthy way. Take a yoga class, set aside 30 minutes of "me" time, or practice deep breathing. A little goes a long way in time and stress management. Small steps like these each day can lead to big strides toward better heart health.

ASK NICKIE CONTINUED...

7. Cable Machine: Cable machines allow you to work in all angles, most of which can't be duplicated through dumbbells. With a cable machine, you have the option to work against a horizontal or diagonal resistance. They also offer a constant line of tension (which means weight stays uniform throughout the exercise). Also, cable machines allow for many more movement patterns, giving you more variety of exercises*New For 2020* If you have questions regarding Fitness, Health, Wellness, Nutrition, and Greene living... Ask Nickie. Each month these questions will be answered in the newsletter. You can fill out a slip located downstairs with any question you'd like answered. You can remain anonymous or have your name printed. Happy Health!!

Nickie Mueller Personal Training Coordinator CCRC



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