



Exercising To Relax

Dial Down the Stress and Dial Up Your Energy

How does exercise reduce stress, and can exercise really be relaxing? *Rest and relaxation*. It's such a common expression that it has become a cliché. And although rest really can be relaxing, the phrase causes many to overlook the fact that exercise can also be relaxing. It's true for most forms of physical activity as well as for specific relaxation exercises.

How exercise reduces stress

Aerobic exercise is key for your head, just as it is for your heart. You may not agree at first; indeed, the first steps are the hardest, and in the beginning, exercise will be more work than fun. Continue on page 3...

Inside this issue

| | |
|-------------------------------------|----|
| Nickie's Quick Tips | 2 |
| Exercising to Relax Cont..... | 3 |
| Welcome Back Trail | 4 |
| CCRC After School Care | 6 |
| After School Care Registration | 6 |
| Summer Splash | 7 |
| Calendar..... | 8 |
| Easter Eats | 9 |
| Easter Eats Cont..... | 9 |
| Swim Lessons | 10 |

Special points of interest

- NO CLASSES April 15th—20th



- NOW HIRING LIFEGUARDS!!!



Nickie's Quick Tips

Whether you are new to working out or have been for years, you may want to consider Personal Training. Here at the Central Clemson Rec center we have a great personal training program. All of our personal trainers are Nationally Certified with years of experience. Listed below are reasons why you should incorporate personal training into your workout regimen.

- 1) You're Not Seeing Results
- 2) You Don't Know Where to Start
- 3) You're Bored With the Same Old Workouts

“With a CCRC summer splash membership you will have access to our two pools all summer plus a ton of other amenities. And, all of this at one low cost, no joining fee and no long term commitment. “

SUMMER SPLASH

Summer is just around the corner. Before you know it the temperature will sky rocket and you will be searching for a place to cool off. With a CCRC summer splash membership you will have access to our two pools all summer, plus a ton of other amenities. And all of this at one low cost, no joining fee and no long term commitment. Ask a front desk representative for details today.

- 4) You Need to Be Challenged
- 5) You Want to Learn How to Exercise on Your Own
- 6) You Need Accountability and Motivation
- 7) You Have a Specific Illness, Injury, or Condition

If these sound familiar or you know someone that would benefit from personal training, please contact me and I will set you up with one of our certified professional trainers. We have 4 trainers, Essie Cade, Derek Forrester, Kellie Williams, and myself (Nickie Mueller). So start your Spring off right... And Get Fit!!



Nickie Mueller
Personal Training Coordinator
CCRC
864-207-1363



Exercising to Relax Continued

But as you get into shape, you'll begin to tolerate exercise, then enjoy it, and finally depend on it. Regular aerobic exercise will bring remarkable changes to your body, your metabolism, your heart, and your spirits. It has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress. It's a common experience among endurance athletes and has been verified in clinical trials that have successfully used exercise to treat anxiety disorders and clinical depression. If athletes and patients can derive psychological benefits from exercise, so can you. How can exercise contend with problems as difficult as anxiety and depression? There are several explanations, some chemical, others behavioral.

The mental benefits of aerobic exercise have a neurochemical basis. Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators. Endorphins are responsible for the "runner's high" and for the feelings of relaxation and optimism that accompany many hard workouts — or, at least, the hot shower after your exercise is over.

Behavioral factors also contribute to the emotional benefits of exercise. As your waistline shrinks and your strength and stamina increase, your self-image will improve. You'll earn a sense of mastery and control, of pride and self-confidence.

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Exercising to Relax Continued...

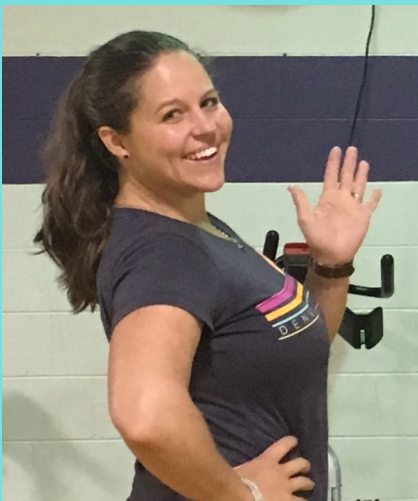
Your renewed vigor and energy will help you succeed in many tasks, and the discipline of regular exercise will help you achieve other important lifestyle goals.

Exercise and sports also provide opportunities to get away from it all and to either enjoy some solitude or to make friends and build networks. "All men," wrote St. Thomas Aquinas, "need leisure." Exercise is play and recreation; when your body is busy, your mind will be distracted from the worries of daily life and will be free to think creatively.

Almost [any type of exercise](#) will help. Many people find that using large muscle groups in a rhythmic, repetitive fashion works best; call it "muscular meditation," and you'll begin to understand how it works. Walking and jogging are prime examples. Even a simple 20-minute stroll can clear the mind and reduce stress. But some people prefer vigorous workouts that burn stress along with calories. That's one reason ellipticals are so popular. And the same stretching exercises that help relax your muscles after a hard workout will help relax your mind as well.

Want to learn more about how to manage your stress? Read more [HERE](#) and [HERE!](#)

Welcome Back!



Wow, this woman is an inspiration. To us all. After welcoming her new baby boy to the world just a few short weeks ago, she will be returning to work the first week in April. It just goes to show you what a good fitness regime can do for you. Be sure join one of her classes, or just stop by and welcome her back when she returns!



CCRC ASC

Well, another great month has passed at CCRC After School Care. Have been all over the place with our fun this month. We have completed eggcellent eggsperiments and color creation experiments. Our kids are loving Kuk Sool Won and have already earned their first belt, white. We have dug into Saint Patty's Day with a cool whip green Jello grape hunt and our taste buds have expanded with a whacky fruit blind taste test. The kids have gotten creative with arts and crafts, built Lego creations and secret forts. Stepping into the great outdoors, they have really loved spending some quality time in nature. Here, they have watched the birds enjoying their bird sanctuary and have kept them well feed and happy. They even started their very own community garden and we will be teaming up with the [Young at Heart](#) program to keep it going all summer. And that does not even take into account all the fun we have every regular day!



After School Care 2019/2020

REGISTRATION IS NOW OPEN!

With all the fun we have had this year we can't wait for next year. Registration for 2019/2020 CCRC After School Care starts April 1st. Space is limited so be sure to register early to reserve your spot. Please remember you must pay your registration fee in order to reserve your spot.

[REGISTER HERE](#)



Follow us on Facebook to see all of our adventures!

CENTRAL-CLEMSON RECREATION CENTER

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you want for
the summer,
without extra
fees or
contracts!*

SUMMER SPLASH GYM MEMBERSHIP

Join us for a
fun filled summer
of SWIMMING,
BASKETBALL,
EXERCISE,
FITNESS CLASSES
& more.
It is ALL INCLUDED!

JUNE 1 - AUG 31

Resident

Individual-\$115
Couple-\$150
Family-\$165

*Non-
Resident*

Individual-\$150
Couple-\$175
Family-\$190

April 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|--|
| | 1 April Fools Day | 2 | 3 Nat'l. Walking Day Lailat al Miraj | 4 | 5 | 6 |
| 7 World Health Day | 8 | 9 | 10 | 11 | 12 Weight Room Orientation 11:30am | 13 |
| 14 Palm Sunday | 15 No Fitness Classes Tax Day (Taxes Due) | 16 | 17 | 18 Holy Thursday Nat'l. High Five Day | 19 Good Friday Bicycle Day | 20 No Fitness Classes Lailatul Barat Passover (Start) |
| 21 Easter | 22 Earth Day National Jelly Bean Day | 23 Courts Closed-Consignment Sale National Picnic Day | 24 | 25 | 26 Arbor Day | 27 Courts Closed-Consignment Sale Central Rail-road Festival Passover (End) |
| 28 Divine Mercy Sunday Orthodox Easter | 29 Int'l. Dance Day | 30 | | | | |

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

[POOL SCHEDULE](#) [EVENTS SCHEDULE](#) [FITNESS SCHEDULE](#)



EASTER EATS

This Easter let's step outside of our comfort zone and mix it up! Instead of the same ol' ham you make every single year, surprise your family and yourself with a whole new flavor. Read on to see our recommendations for your main dish, side and decadent dessert. These tasty recipes are sure to have them asking for a repeat.

MAIN DISH

Apricot-and-Herb-Stuffed Leg of Lamb

Rolling the lamb around the filling means you get some of those bright flavors in just about every bite. For the best flavor, stuff the lamb the day before you roast it. Garnish the platter of lamb with some of the same herbs from the filling, if you like.

What you will Need

- 1/3 cup small-diced dried apricots
- 3 medium cloves garlic, peeled
- 1 cup loosely packed fresh parsley leaves
- 1/2 cup loosely packed fresh mint leaves
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. Dijon mustard
- Kosher salt & freshly ground black pepper
- 3 Tbs. extra-virgin olive oil
- 1 3-1/2- to 4-1/2-lb. boneless leg of lamb
- 1 cup lower-salt chicken broth
- 1/4 cup dry white wine or dry vermouth

Follow the directions found [HERE](#) to complete your masterpiece main dish. Your taste buds will thank you and so will your family!

SIDE DISH

Asparagus, Basil, & Cream Cheese Tart

As one of the few vegetables you can pick fresh from the garden this time of year, we suggest a side dish featuring asparagus! This versatile veggie is sure to please everyone.

Tender asparagus and tangy basil cream cheese tops golden, flaky puff pastry in this delicious (and easy!) vegetarian tart. Just top individual squares with a bit of bacon for the carnivores.

What you will Need

- 1 frozen puff pastry sheet, thawed
- 4 ounces Neufchatel cheese (light cream cheese), room temperature/softened
- 1/4 cup finely diced onion
- 1 medium garlic clove, finely minced
- 1/4 cup chopped fresh basil (about 15 medium-sized leaves)
- 1/4 teaspoon kosher salt, plus a little more for sprinkling on top, if desired
- 1/8 teaspoon freshly ground black pepper
- 1 pound asparagus, ends trimmed
- 2 teaspoons olive oil

If adding bacon:

- 2-3 slices of bacon, cooked, cooled, and crumbled

You mix together a simple cream cheese base, and spread it on a golden-brown puff pastry crust. Then you top it with lightly blanched asparagus and touch of salt. And then you bake it for a few minutes. And that's it! Unless you want to add bacon, in which case, crumble some cooked bacon on top, and *then* that's it.

Find the full directions [HERE](#)



DESSERT

Carrot Cake

Don't forget your dessert. Carrot Cake is the obvious choice for an Easter meal. This recipe is perfectly moist and delicious, made with lots of fresh carrots, and topped with the most heavenly cream cheese frosting.

Find the recipe [HERE](#) and eat a slice for us.

Group Swim Lessons

• BEGINS JUNE 10 • AGES 6 MONTHS - 14 YEARS •

**LESSONS ARE HELD TWICE
A WEEK FOR 4 WEEKS.
(NO LESSONS THE WEEK OF JULY 4TH)**

Registration Opens May 1st!

MEMBERS:

\$100.00

NON-MEMBERS:

\$140.00

**GIVE US A CALL OR VISIT
OUR WEBSITE FOR
MORE INFORMATION.**

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