

APRIL 2021

CENTRAL-CLEMSON

Recreation Center

What's inside this issue:

Facility Updates....2

Walking For Health.....3

Calendar....4

Recipe.....5

Gardening for Health.....6-7



Facility Updates



We have great news! Following the governor's guidelines, we are able to take several positive steps towards returning to normal operations. Please look at the updates listed below and let us know if you have any questions or if there is anything we can do to make your experience here any better.

Don't Forget

WE ARE CLOSED APRIL 4TH
FOR EASTER AND THERE
WILL BE NO FITNESS
CLASSES THE WEEK OF
APRIL 5TH.

- Pool equipment is now available to the public for use. Please place used equipment in the designated area so the Lifeguard can clean the equipment after use. Once disinfected and allowed to dry, the equipment will be placed in the clean area for reuse.
- We will not be taking member temperatures.
- Number restrictions are now lifted for all areas of the facility.
- There is no limit to class sizes.
- You do NOT have to register for classes, ***However, we strongly recommend that you continue to do so*** as this will be how members are notified of class cancellations or changes.
- Those with day passes and guest passes can now participate in classes.
- Non-members can now pay per SILVER SNEAKERS class, at \$2 per class. This will ONLY give you access to the one class and you may not utilize the facility before or after (with the exception of the locker rooms/restrooms).
- All machines in the weight room are now open.
- We are taking party rentals for the community room and courts. We are not taking pool party rentals just yet.
- The mask ordinance is still in place and we still encourage all members to practice good social distancing and hygiene, as well as ask that you wipe machines before and after use.
- We have made several adjustments to age limits and restrictions. Please see our [terms of membership](#) for the full list.

Walk your Way to Better Health in 2021

Did you know that April 7th is National Walking Day!

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. And, during the Covid-19 health crisis we are all facing, walking has become one of the safest and more popular forms of exercise these days. While it is important to follow the safety guidelines such as wearing masks and social distancing in certain areas, there are so many places to walk that your physical activity routine won't get boring. And the best part is how many health benefits you can reap from walking just 20-30 minutes per day:

- Walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness and inflammation, and mental stress.
- Walking can help protect against dementia, peripheral artery disease, obesity, diabetes, depression, colon and other forms of cancer.
- Walking can boost your metabolism to help you burn calories and lose extra weight.
- Walking will aid in improving and keeping your digestive system working more efficiently.
- Walking can improve your mobility, alleviate joint pain and in some cases, help stave off disability and the pain of arthritis.



- Walking can result in a better night's sleep because it reduces the pain and stress that cause sleep disturbances.

Now that you know the benefits that walking can provide, how do you get started?

- Make sure you have comfortable walking shoes that provide heel and arch support.
- If walking 30 minutes a day is too difficult at first, try smaller bouts of 10 minutes at a time and build up to longer sessions.
- Make walking a pleasure by varying your walk, walking your dog, or walking with friends.

However you choose to walk, make it a part of your regular daily routine and before long you'll notice that your mood and stress levels will improve, and you'll reap the benefits of more energy and a healthier year ahead.

Too Wet Outside?

Take a stroll on one of our state of the art treadmills. Enjoy a walk through beautiful scenery or dig in and head straight up hill. The options are endless and the weather is always nice.

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DON'T FORGET <ul style="list-style-type: none"> Youth Volleyball will be held Mon.-Fri., 5pm to close (2 courts). Pickleball is held every Mon., Tues. & Thurs from 9am - 12pm. CCRC is CLOSED on April 4th for Easter. No Fitness or Water Fitness Classes the Week of April 5th. Please see the calendars posted on the website for the most current schedules. Thank you				1 Holy Thursday Passover (Cont.) April Fool's Nat'l. Burrito Day	2 Good Friday Passover (Cont.)	3 Passover (Cont.)
4 CLOSED Easter Passover (End)	5 No Fitness /Water Fitness Classes this Week	6	7 Nat'l. Walking Day World Health Day	8	9 All courts Closed starting at 5pm	10 Courts Closed All Day
11 Courts Closed All Day Divine Mercy Sunday Nat'l. Pet Day	12 Ramadan (start)	13	14 YOM HAZIKARON STARTS (ISRAEL)	15 Tax Day (Taxes Due) Yom- HaAtzmaut	16	17 Courts Closed All Day
18 Courts Closed All Day	19	20	21	22 Earth Day	23	24
25	26	27	28	29	30 Arbor Day Lag B'Omer Starts	

Roasted Spring Vegetable Burritos



Now that we are out and about just a bit more, you may need to be able to take your homemade, healthy lunch on the go. The roasted spring vegetable burritos is just what you need!

Ingredients

- 1 bunch carrots
- 1 bunch asparagus
- 1 Tbsp. olive oil
- 1 tsp. ground cumin
- ½ tsp. smoked paprika
- Salt, to taste
- 1 cup uncooked quinoa
- ½ cup finely chopped fresh cilantro
- 1 Tbsp. lime juice
- 4 large burrito-size tortillas
- 2 cups fresh baby spinach
- 1 can white beans, drained and rinsed
- ½ cup crumbled feta cheese
- ½ cup salsa verde

Instructions

- Preheat oven to 425°F. Trim asparagus. Cut off carrot tops and cut lengthwise in quarters. Toss asparagus and carrot sticks with olive oil, cumin and smoked paprika. Salt to taste. Spread in a single layer on a baking sheet and roast for 15 minutes, or until carrots are fork-tender.
- Bring 1 ½ cups of water to boil. Stir in a pinch of salt and the quinoa. Return to a boil, stir, then cover and cook over low heat for 15 minutes. Remove from heat and allow to stand, covered, for 5 minutes. Fluff with a fork and fold in cilantro and lime juice.
- To assemble the burritos, top each tortilla with ½ cup spinach, ½ cup cilantro-lime quinoa, ⅓ cup beans, 1/4 of the roasted asparagus and carrots, 2 Tbsp. feta and 2 Tbsp. salsa. Roll up the tortilla, tucking in the filling tightly as you fold in the sides. Wrap in foil to hold burrito together (optional), and cut in half.

It's Garden Time!



8 Health Benefits of Gardening

Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening also can do wonders for your well-being? Here are eight surprising health benefits of gardening.

1. Gardening can build self-esteem. Maybe you don't think you were born with a green thumb, but after tilling, planting, nurturing and harvesting plants, you might see a slightly different person in the mirror: a person who can grow things and is a little more in tune with the earth. It always feels good to accomplish new tasks, and if you can grow a garden, what can't you do?

2. Gardening is good for your heart. All that digging, planting and weeding burns calories and strengthens your heart. "There are physical benefits from doing the manual labor of gardening," says UNC Health internal medicine physician Robert Hutchins, MD, MPH. "It's hard work to garden, and it provides some cardiovascular benefit."

3. Gardening reduces stress. Gardening can help reduce symptoms of depression and anxiety. "Gardening gives you a chance to focus on something and put your mind to work with a goal and a task in mind," Dr. Hutchins says.

8 Health Benefits of Gardening

4. Gardening can make you happy.

Getting dirt under your nails while digging in the ground can make you pretty happy.

In fact, inhaling *M. vaccae*, a healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety.

5. Gardening can improve your hand strength. All that digging, planting and pulling does more than produce plants. Gardening also will increase your hand strength.

6. Gardening is good for the whole family. Gardening can be a solo activity or an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with loved ones. Also, gardening has special benefits for kids. Early exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.

7. Gardening can give you a boost of vitamin D. A healthy dose of vitamin D increases your calcium levels, which benefits your bones and immune system. Exposure to sunlight helped older adults achieve adequate amounts of vitamin D. Just don't forget your sunscreen.

8. Growing your own food can help you eat healthier. If you have a vegetable or herb or fruit garden, you're getting fresh produce that you know hasn't been treated with pesticides. "It's essentially as farm-to-table as it gets," Dr. Hutchins says, "if you're eating what you're growing."



Central-Clemson Recreation Center
www.centralclemsonrec.com
130 Commons Way,
Central, SC 29630
864-624-1138