



**Central-Clemson
Recreation Center**

January 2018
Newsletter
Volume 1

Join in January

WITH NO JOINING FEE

There is no better time to join than this January. **Save \$50** when you join with a yearly bank draft membership. Individual, couple and family membership options are available.

We also offer year paid in full memberships, Student Semester Memberships, Single Month Memberships, Silver Sneakers Memberships, Day Passes and more!

AND, every membership gives you access to our **WEIGHT ROOM, FITNESS CLASSES, POOLS, WATER FITNESS CLASSES and BASKETBALL COURTS.**

With all our options you are sure to find the right fit for you!

Some restrictions apply. See a front desk representative for full details.

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SPECIAL POINTS OF INTEREST

- Closed January 1st
- Open at 8:00 am January 2nd
- FREE WEEK, January 8th – 14th
- Join in January with NO JOINING FEE



FITNESS CLASSES

Can you believe it? Once again, the time is upon us when we inevitably make those New Year's resolutions. They're fun to make, but can be extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half are still on target three to six months later.

As members, you are privy to utilize all that CCRC provides to lead you towards a healthier "you," which is probably why you joined in the first place. One option is to participate in land fitness and water fitness classes. For many of us, it's hard to get motivated on our own. Why not take advantage of our fitness classes? There are numerous reasons this choice may provide you with the motivation you need.

“Recognize the progress you are making, even small changes. That alone can be the most powerful motivator of all!”

BACK INTO THE SWING



We are eager to resume our fitness classes Monday, January 8th! I'm sure we all feel a little sluggish, and yes, your first day back it may seem like you have legs made of lead! The good news is, it should only take a few days for you to begin to regain your strength and endurance and feel like yourself!

- 1) Your instructor's job as group fitness professionals is to lead you through exercises geared for all ages and fitness levels – even beginners. Your class should be challenging, yet enjoyable.
- 2) Get to know fellow participants. Their goals are more than likely to be the same as yours. This can serve as a terrific opportunity to receive support and offer the same to others!
- 3) Understand that everyone had to step into a class for the first time. No one will judge you. They are too busy focusing on themselves and their execution of each exercise.
- 4) There will be others who will be working at the same level as you are so you will not feel alone or out of place.
- 5) Recognize the progress you are making, even small changes. That alone can be the most powerful motivator of all!

You are encouraged to take a look at our schedule online or pick up a copy located across from the front desk. Class descriptions are provided so that you may choose classes that appeal to you most. Come on! Take that step and attend your first fitness class! It just may prove to be the best avenue to take, and you may experience the satisfaction of conquering your health resolution for 2018!

For those of you who are current class participants, we urge you to try new classes. Give yourself the opportunity to experience a variety of instructors and workouts. You're guaranteed to benefit from each one!

Looking forward to seeing you!

Pam Jennings

Fitness Classes Coordinator



HAPPY NEW YEAR

2018

**THIS IS YOUR YEAR TO MEET YOUR FITNESS GOALS!
NOT SURE WHERE TO START? HAVE ONE OF OUR
TRAINERS GUIDE YOU THROUGH YOUR JOURNEY.**

CONTACT PERSONAL TRAINING COORDINATOR
COURTNEY GRIFFIN
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JERUSALEM ARTICHOKE CHIPS WITH LEMON SALT



Ingredients

- 4 jerusalem artichokes
- 3 tbsp vegetable oil
- pepper
- zest of half a lemon
- pinch of sea salt

Instructions

1. Preheat oven to 180 Celsius / 350 Fahrenheit degrees.
2. Scrub the jerusalem artichokes. Then slice thinly using a mandolin or sharp knife.
3. Mix vegetable oil and some pepper in a bowl. Add the jerusalem artichoke and mix carefully.
4. Line a baking tray with parchment paper. Lay the jerusalem artichoke slices on the parchment paper. For the best crispy end result, don't put any slices on top of each other. You can use a paper towel to get rid of any excess oil.
5. Bake for about 25 minutes until the chips are golden brown.
6. To prepare the lemon salt, mix grated lemon zest and some sea salt together. I like to use a mortar.
7. Sprinkle some lemon salt on top of the hot chips.

We also really liked [Caramelized Jerusalem Artichokes](#), [Crispy Jerusalem Artichokes with Aged Balsamic](#) and [Sunchoke Jerusalem Artichoke and Mushroom Saute Perisillade](#)



NEW YEAR, NEW FOODS!

This month we decided to dig deep for a few delicious and unique treats to add to your diet.

Our first pick is the The Jerusalem artichoke, also called sunroot, sunchoke, earth apple, or topinambour. This is a species of sunflower native to eastern North America.¹

These funny-looking tubers with a delicate, artichoke-like flavor, have been growing in popularity in recent years, popping up at farmers markets and on restaurant menus around the country.



Jerusalem artichoke

Not only are they tasty but they can be a lovely addition to your garden with their great height and beautiful yellow flowers, though be warned, they do love to spread!

Next, we have the *Eleocharis dulcis* or water chestnut. If you go out for Chinese food, your meal will often contain Chinese water chestnuts. Water chestnuts belong to the non-starchy, low-calorie vegetable group that can keep you full longer while supplying your meals with vitamins and minerals. Water chestnuts also contain no cholesterol and are low in sodium and fat. Try adding them to salads, soups, wraps or even pizza toppings and take advantage of the health benefits of water chestnuts.²



Water Chestnut

Vietnamese Broiled Cod with Asparagus Peas and Water Chestnut Stir Fry

- 3 to 4 Tbsp water
 - 2 Tbsp oyster sauce
 - 2 Tbsp canola oil (divided)
 - 1 tablespoon brown sugar
 - 2-inch ginger piece
 - 2 garlic cloves
 - 4 scallions
 - 4, (6-ounce) cod
 - 1 bunch asparagus spears
 - 2, (8-ounce) can sliced water chestnuts
 - 1, (13-ounce) bag frozen peas (thawed)
1. Into the bowl of a food processor, add oyster sauce, 2 tablespoons water, 1 tablespoon oil, brown sugar, ginger pieces, garlic, and light scallion parts. Process until mixture is pureed. Reserve 2 tablespoons of marinade in the fridge for the vegetable mixture.
 2. In a shallow container, add cod fillets and pour remaining marinade over it. Cover and refrigerate at least 1 hour and up to 12 hours.
 3. When ready to cook, preheat the broiler. Prepare the vegetables for the stir-fry. Snap the ends off each asparagus spear and cut into 2-inch pieces. Chop the green parts of the scallions.
 4. Remove fish fillets from the marinade, wiping a majority of the marinade off each piece of fish. Place onto a foil-lined baking sheet. Broil fish a few inches away from heat with the broiler door cracked slightly open until fish can be easily flaked with a fork, about 10 minutes.
 5. Meanwhile, warm 1 tablespoon oil in a large nonstick pan or wok over high heat. Add asparagus; saute, stirring constantly, until mostly tender, about 3 minutes. Stir in 2 tablespoons reserved marinade, 1 to 2 tablespoons water, water chestnuts, and peas. Stir constantly until peas are cooked, about 3 to 4 minutes. Remove from heat and serve stir-fry with the cod.

JANUARY 2018



Sun Mon Tue Wed Thu Fri Sat

	1 CLOSED Happy New Years!	2 No CLASSES	3	4	5	6 No CLASSES Smart Start Basketball 8:00am-8:40am
7	8 FREE WEEK Register at the Front Desk	9	10	11 Weight Room Orientation 9:00am	12	13 Smart Start Basketball 8:00am-8:40am
14 FREE WEEK Register at the Front Desk	15 Martin Luther King Jr. Day	16	17	18 Clemson Parks & Rec Bingo @ CCRC Event Center	19	20 Smart Start Basketball 8:00am-8:40am
21	22	23 National Pie Day (yummm)	24	25	26	27 Smart Start Basketball 8:00am-8:40am
28	29	30	31 Weight Room Orientation 9:00am	◇ Youth Basketball 5:30pm-8:30 (Mon.—Fri.) ◇ Pickleball, 9am-12pm (Mon., Tue., & Thur.) ◇ Free Senior Class, 10:30-11:30 (Tue. & Thur.) Hosted by ClemsonParks and Rec.		

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

IT'S A NEW YEAR, HOW ABOUT A NEW YOU

We in the fitness industry know ALL about new years resolutions. Loosing weight and getting healthier is the number one resolution made EVERY year and one of the hardest to stick to! Here at CCRC we not only want to you make this your resolutions but we want you to succeed at it!

Our facility offers all the amenities you need to do it. Remember, you don't have to start big, you just have to start. Take charge and mix it up. As a member of our facility you have access to not just a weight room, but fitness classes, two pools, basketball and more. We even offer comprehensive weight room orientations for free to help you start out on the right foot. And, for a little extra boost how about a personal trainer?

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1—https://en.wikipedia.org/wiki/Jerusalem_artichoke

2—<https://www.livestrong.com/article/412433-health-benefits-of-water-chestnuts/>

SIX SECRETS OF PEOPLE WHO KEEP THEIR NEW YEAR'S RESOLUTIONS

How many New Year's resolutions have you kept ... for more than a week? If you haven't made it to a month milestone—let alone a year—maybe you're skipping steps that help you create resolutions that last.

We talked to six people who have kept resolutions for two, three, and even 10 years. Here are their secrets for making resolutions with sticking power.

- 1) THEIR RESOLUTIONS REVOLVE AROUND SMALL CHANGES
- 2) THEY WRITE DOWN THE RESOLUTION EVERY DAY
- 3) THEY HAVE A STRONG "WHY"
- 4) THEIR RESOLUTIONS BENEFIT OTHERS
- 5) THEY SEEK ACCOUNTABILITY
- 6) THEY MAKE FAILURE DIFFICULT
- 7) WHY DO THESE STRATEGIES WORK?

People who make a long-term change stick with it because there's something about that goal that speaks to the kind of person they want to be, says Hanley. "For example, your doctor may tell you to lose some

weight and move a little more, but if you're just following her directive you'll be only too happy to rebel when given the chance," she says. "But if you've decided you want to end up being the kind of grandparent who can get down on the floor and plays with the grandkids, you'll be much more like-



ly to choose to do something active on a regular basis."

It also helps to practice forgiveness, adds Zerkel. "We're bound to go off track from time to time, but then we get back on the horse and follow our plan," he says. "Take time to think about what you may want to stop doing, or do more of. Resolutions aren't about making a list, and those who find success setting and attaining their goals build in time to reflect."

Read the [FULL ARTICLE HERE](#).