

MARCH 2021

CENTRAL-CLEMSON

Recreation Center

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March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 World Wildlife Day	4	5 Employee Appreciation Day	6
7	8 Int'l. Women's Day	9	10	11	12	13
14 Daylight Saving Begins	15	16	17 Saint Patrick's Day	18	19	20 Start of Spring (Spring Equinox) Persian New Year (Nowruz)
21 Int'l. Day of Forests	22 World Water Day	23 Nat'l. AG Day	24	25	26	27 Passover (Start) Earth Hour
28 Lailatul Barat Starts Palm Sunday	29 Vietnam War Veterans Day	30	31			

10 Ideas For Spring Cleaning Your Workout Routine



You may like your regular workout, but if you've been following the same patterns for too long, it's likely the benefits you're receiving from all of your efforts have significantly decreased.

Not only has your body adjusted to the routine, but it's likely you've also checked out mentally as well, meaning you're not giving that workout as much "oomph" as you used to. That's why spring cleaning isn't just for your closets -- it's a great idea for your fitness routine, too. By throwing out the old and embracing the new, you'll kick-start your metabolism and renew your fitness zest. Here are a few excellent strategies for doing just that.

1. When it's nice, get outside: Spring and summer are seasons dominated by unique fitness events, many of which happen in the great outdoors. For example, now's the perfect time if you've been wanting to participate in a color run.

2. Add some new strength training into the mix: Many people fall into one of two camps: those who love to lift weights and those who prefer spending hours on the cardio machines.

Whichever camp you fall into, now might be the time to dip your toes into the other arena. If you're new to weight training, start simply with squats, planks, and dumbbell rows before graduating to heavier weights and more complex routines.

If you're more of a lifter, start with 15 minutes on the elliptical and gradually increase your duration until you're really pushing it every time. By trading time in one discipline for time in the other, you'll not only shake things up but you'll also complete a more rounded routine.

3. Change your intervals: While spring cleaning your workout routine can mean trying out entirely new activities, you don't have to throw everything you love out the door. Instead, give a few new intervals a try. Switch more rapidly between cardio equipment, or simply choose a new course on your machine -- perhaps the "Endurance" option rather than the "Hills," or vice versa.

4. Switch up the duration: Likewise, it can also be effective to play around with how often and for how long you're working out. One week, go for two to three long workouts. The next, opt for short, intense sessions. The next, do something in-between.

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Experimenting in this way will keep your workouts from getting too predictable, and will constantly challenge your body in new ways.

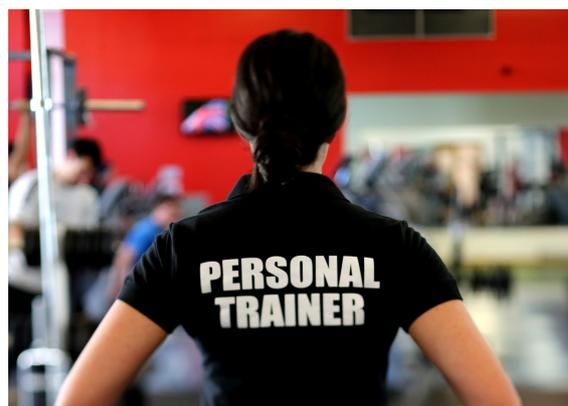
5. Try a different time: Always exercise in the afternoon? Get up with the early birds a few times this week and be amazed at all that you can get done before your first cup of coffee. Alternatively, for morning workout aficionados, see for yourself how effective a post-work session at the gym can be for releasing all of that stress that's built up over the day. Getting creative with your schedule will keep your workout out of the humdrum zone.

6. Mix it up with intramural sports: An intramural sport or activity will force your muscles to move in new and interesting ways, distract you with mental challenges, and even help you make a few new friends. From the softball team at work to that new swing dancing league, embrace the challenge of an entirely novel activity.

7. Give a few new classes a whirl:

Likewise, most good gyms offer classes throughout the year. If you've always wanted to try that yoga or ride, now might be the time. Fitness instructors are good at what they do, and you'll find working out with friends motivating.

8. Set a challenge with a race: You may enjoy running, swimming or biking on your own, but if your interest is waning, why not put all of that training to good use and enter a race? You'll uncover a new wealth of motivation when you know your morning jog will help



you through that 10K or half marathon, and you'll be extra likely to jump into your cold local pool for a training session when you know it's for a charity triathlon.

9. Commit to a friend: If you've always been a lone wolf, spring is the perfect time to become a more social animal. A workout buddy is a quick way to inject enthusiasm and accountability into your daily routine, while a group training class will keep that heart pumping via new and interesting means.

10. Hire a personal trainer: When you've hit a rut, a fitness expert is really the best way to roll-out a workout makeover. Not only will they have a much better idea of what's possible, but they'll also help you build variety into your workout so you shouldn't need to give it an overhaul for quite some time. Plus, it's harder to make last minute cancellations when you know you've got someone you're paying waiting for you.

How will you freshen up your stale workout? Try one of these great options and let us know how it goes!

Splendid Spring Supper



March is the start of spring but still cool enough that you are sure to want a warm soup to take the chill off. How about this hearty and healthy **Spring Minestrone?**

Ingredients

- 1 tsp. coriander seeds
- 1 tsp. fennel seeds
- ½ tsp. black peppercorns
- ¼ cup extra-virgin olive oil
- 4 garlic cloves, thinly sliced
- 6 scallions, coarsely chopped
- ½ serrano chile, thinly sliced (optional)
- 2 2x1" strips lemon zest
- 2 large leeks, tough outer layer removed, sliced into ½"-thick rounds
- 1 fennel, halved lengthwise, bulb and stalks thinly sliced, fronds coarsely chopped
- 1 15.5-oz. can cannellini beans, rinsed
- 5 oz. sugar snap peas, thinly sliced on a diagonal
- Kosher salt

- 2 cups baby spinach
- 1 cup shelled fresh English peas (from about 1 lb. pods) or frozen peas, thawed 1 Tbsp. white miso

Directions

Step 1: Coarsely grind coriander seeds, fennel seeds, and peppercorns in spice mill or with mortar and pestle. Cook oil, garlic, and ground spices in a large saucepan over medium heat, stirring often, until garlic is softened but not crisp, about 2 minutes. Add scallions, chile (if using), and lemon zest and cook, stirring occasionally, until scallions are softened and almost completely charred, 5-7 minutes.

Step 2: Pour 6 cups cold water into saucepan, increase heat to medium-high, and bring to a simmer. Add leeks, fennel bulb and stalks, beans, and sugar snap peas (pan will look crowded but vegetables will shrink as they cook). Reduce heat to medium. Add a large pinch of salt and simmer, stirring occasionally, until leeks, fennel, and sugar snap peas are fork-tender, about 5 minutes. Add spinach, English peas, and miso and cook, stirring, just until spinach is wilted, about 10 seconds; season with salt.

Step 3: Divide soup among bowls. Top with fennel fronds.

Nutrition Facts Servings 4

Amount Per Serving
Calories 330
% Daily Value *

Total Fat 7g11%, Saturated Fat 1g5%, Sodium 1020mg43%, Total Carbohydrate 62g21%, Dietary Fiber 7g29%, Protein 7g15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.



National Nutrition Month



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

With it being March, a month packed with days dedicated to raising environmental awareness, we thought we would focus on Eating Right and Reducing Food Waste. But be sure to check out the Academy of Nutrition and Dietetics' [website](#) for loads of great information!

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative with Leftovers

Transform meals into soups, salads or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by.

National Nutrition Month

Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.

- "Use by", "Best by" and "Best Before" dates are found on foods, such as mustard, salad dressing and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.

- "Sell by" dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months).
- Test your food safety knowledge or find out if it's time to toss those foods by downloading the "Is My Food Safe" app or accessing the FoodKeeper App on [foodsafety.gov](https://www.foodsafety.gov).
- Create ideal storage conditions
- Store foods in the pantry so that products with closer dates are up front.

- Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable). Wait to wash produce until right before serving.

- Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. Check out the "How to Keep Produce Fresh Longer - Infographic" on [homefoodsafety.org](https://www.homefoodsafety.org) for more information.

Other Ways to Go Further with Food

- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal.
- Learn how to properly can or dehydrate foods at home.
- Donate extra foods that are still safe to eat to a local food pantry or shelter.
- Consider composting.



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