

MARCH 2020

CENTRAL-CLEMSON

Recreation Center



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MUCH NEEDED MARCH IS HERE

AND IT BRINGS GIFTS

This is one of our favorite month's of the year! Why you ask? Well, there are two reasons. Number one, daylight savings time begins on March 8th. It may not seem like much but an extra hour of daylight when you get off work does wonders for your motivation and energy. And two, the first day of spring will arrive on March 13th, bringing hope for warmer days! Keep reading to see how you can make your march even better with our tips, recipes and more.

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Read Across America Day	3 World Wildlife Day	4	5 Weight Room Orientation @ 9am	6 Employee Appreciation Day	7
8 Daylight Savings Begins Int. Women's Day	9	10	11	12 Weight Room Orientation @ 9am	13 World Sleep Day	14 Pi Day
15	16	17 Saint Patrick's Day	18	19 Start of Spring (spring equinox)	20 International Day of Happiness	21 International Day of Forests
22 World Water Day	23	24	25	26	27	28 Earth Hour
29	30	31				

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

7 HEALTH BENEFITS TO GETTING MORE SLEEP



With World sleep day on the 13th and daylight savings time on the 8th we thought we better take a minutes to talk about sleep! A lack of sleep at night can make you cranky the next day. And over time, skimping on sleep can mess up more than just your morning mood. Studies show getting quality sleep on a regular basis can help improve all sorts of issues, from your blood sugar to your workouts. Here's why you should give your body the ZZZs it needs.

Sharper Brain: When you're running low on sleep, you'll probably have trouble holding onto and recalling details. That's because sleep plays a big part in both learning and memory. Without enough sleep, it's tough to focus and take in new information. Your brain also doesn't have enough time to properly store memories so you can pull them up later. Sleep lets your brain catch up so you're ready for what's next.

Mood Boost: Another thing that your brain does while you sleep is process your emotions. Your mind needs this time in order to recognize and react the right way. When you cut that short, you tend to have more negative emotional reactions and fewer positive ones. Chronic lack of sleep can also raise the chance of having a mood disorder.

One large study showed that when you have insomnia, you're five times more likely to develop depression, and your odds of anxiety or panic disorders are even greater. Refreshing slumber helps you hit the reset button on a bad day, improve your outlook on life, and be better prepared to meet challenges.

Healthier Heart: While you sleep, your blood pressure goes down, giving your heart and blood vessels a bit of a rest. The less sleep you get, the longer your blood pressure stays up during a 24-hour cycle. High blood pressure can lead to heart disease, including stroke. Short-term down time can have long-term payoffs.

Athletic Achievement: If your sport requires quick bursts of energy, like wrestling or weightlifting, sleep loss may not affect you as much as with endurance sports like running, swimming, and biking. But you're not doing yourself any favors. Besides robbing you of energy and time for muscle repair, lack of sleep saps your motivation, which is what gets you to the finish line. You'll face a harder mental and physical challenge -- and see slower reaction times. Proper rest sets you up for your best performance.

Continued on page 8 ...



AFTER SCHOOL CARE

CANNED FOOD DRIVE



What a success our food drive was. We want to thank all of our members and After School Care kids who donated during our month long drive. As one box grew to 5, we were reminded of how generous those around us are. We will soon be scheduling a pick up by Clemson Community Care, so that these delicious donations can be put to good use and the kids can learn about how their donations are used!

LET THERE BE LIGHT

2 PROJECTS DOWN AND ONE TO GO

Our additional parking lot is now completed. We have asphalt, shrubberies, lines and lights. What more can you ask for. This will help immensely with the overflow of parking we sometimes have, especially during youth basketball season. It will also replace the spaces we will lose with the addition of our 3rd basketball court.



Pi, Pi HOORAY!



Yes, we know that when they say it is Pi Day they are talking about the ratio used to compute the circumference, area, and volume of circles, and NOT a delicious treat you gobble down. But, seeing how it would be impossible to eat Pi, we thought a PIE recipe was completely appropriate. Don't worry, as an institute of health and fitness we have taken the time to search out a recipe that is both yummy and health conscious. Instead of a sweet pie we have settled on a savory chicken pot pie!

Chicken Pot Pie

Ingredients

- 1 tablespoon extra-virgin olive oil
- 10 ounces cremini baby bella mushrooms
- 1 cup diced carrots – about 3 medium
- 1/2 cup diced celery – about 1 large stalk
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup all-purpose flour
- 2 cups unsweetened almond milk
- 2 cups cooked and shredded boneless, skinless chicken breasts* – about 8 ounces
- 1/2 cup frozen peas
- 1/2 cup frozen pearl onions
- 1 tablespoon chopped fresh thyme
- 1 prepared pie crust – dairy free if needed
- 1 egg – lightly beaten with 1 tablespoon water to create an egg wash

Instructions

Preheat the oven to 425 degrees F. Lightly coat a 9-inch pie dish with baking spray and set aside. Heat a large Dutch oven or similar deep, heavy-bottomed pan over medium-high heat. Add the oil to the pan. Once hot, add the mushrooms and cook for 8 minutes, until mushrooms are beginning to brown, stirring occasionally. Add the carrots, celery, garlic powder, salt, and pepper. Cook until the mushrooms have browned more deeply and the carrots begin to soften, about 3 additional minutes. Sprinkle the flour over the top of the vegetables and cook 2 minutes. Slowly pour in the almond milk, adding a few splashes at a time, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let it bubble until thickened, about 3 to 5 minutes. Stir in the chicken, peas, onions, and thyme. Spoon the chicken mixture into the prepared pie dish. Roll the pie dough into a circle large enough to cover your dish. Brush the edges of the pie dish with the egg wash, then lay the dough over the top so that it overhangs the sides. Trim the overhang to 1/2 inch larger than the edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 3 slits in the top. Bake until hot and bubbly on the inside and the crust is deeply golden, about 25 minutes. Let it rest a few minutes and serve hot.

Find More details and tips for this recipe [**HERE.**](#)

FITNESS CLASS NEWS

As we all know, March is known for it's blustery, cold winds. Well, we're here to warm you up with some cardio and weight training in our fitness classes! Also, with our yoga classes, we'll help you forget about the weather and enjoy a moment of meditation, relaxation, and stretching. Water workouts are an option, as well. Whether you choose to participate in warm-water classes or really get physical in our lap pool with Water Fitness or Deep Water, we will keep you moving, heart rate up and blood pumping!

NOODLES! NOODLES! NOODLES!

We want to thank our Director, Pete Becker, for purchasing new noodles for our water classes! If you see him, give him a big shout out of appreciation! Hope you are all enjoying them!

MONDAY EVENING PILATES & THURSDAY EVENING YOGA

Monday evening 7:00 PM Pilates is being canceled at the end of February. Instead, as many of you know, we are offering an evening yoga class on Thursday evenings at 6:30 PM. Beth, who will be teaching the new class, is such a pleasant, positive person and wonderful, knowledgeable instructor! We know you will love it. This class will begin Thursday, March 5th. Please be sure to show your support by attending as all classes are sustainable depending on attendance.

CHANGE IS IN THE AIR



Dear Members and Friends,

As of March first, I am resigning as Fitness Classes Coordinator. I have thoroughly enjoyed serving in this capacity at CCRC for the past 13 years. Don't fret, I will still be teaching most of my classes. You mean so very much to me and I love and appreciate you all! I want to take this time to thank all of my instructors for being faithful, professional, reliable, and hard-working. Most of all, I treasure the deep friendships we have made and love we have for one another! To have you by my side has made my time as coordinator enjoyable!

Best of Health,

Pam Jennings

CCRC Fitness Classes Coordinator

ASK NICKIE



Nickie knows, and now you can too!

Q: Helen who is a member wants to know... I have lost 40 pounds over the last year and can't seem to lose the last 5 to 10 lbs. Any suggestions to help me break through this weight loss plateau?

Great question Helen. Congratulations on your current weight loss. We all hit plateaus with our weight. The key is knowing how to break through those plateaus.

FIRST: Reevaluate your calorie needs. The smaller your body gets, the fewer calories it needs to maintain or lose weight. (Not fair, but true!) So if you're taking in the same number of calories as when you started losing weight there's a good chance it's contributing to the stall in your weight loss.

SECOND: Track and measure. Even when we're eating smart and making great choices, extra calories can sneak in and derail our efforts. Break out a food journal or use a food-tracking app like MyFitnessPal to make sure you're not overlooking the occasional extras.

And whenever possible, measure and weigh your portions to make sure you're accurately counting calories. That 6-oz. salmon fillet might really be 10 oz.

THIRD: Add exercise or change up your routine. If you're already working out, take it to the next level. Increase the length of your workouts or step up the intensity. If you haven't been exercising, now's a great time to start! CCRC has a great personal training program that can get you started.

FORTH: Go back to basics. Try eating more "whole" foods -- fresh fruit & veggies, lean protein, reduced-fat dairy, etc. -- and less of the processed & packaged stuff. Packaged foods can be as much as 20 percent off in their calorie counts. Also, eat at home more often and cutting back on starchy carbs can really jump start your weight loss.



Nickie Mueller Personal Training
Coordinator CCRC

SLEEP CONTINUED...

Steadier Blood Sugar: During the deep, slow-wave part of your sleep cycle, the amount of glucose in your blood drops. Not enough time in this deepest stage means you don't get that break to allow a reset -- like leaving the volume turned up. Your body will have a harder time responding to your cells' needs and blood sugar levels. Allow yourself to reach and remain in this deep sleep, and you're less likely to get type 2 diabetes.

Germ Fighting: To help you ward off illnesses, your immune system identifies harmful bacteria and viruses in your body and destroys them. Ongoing lack of sleep changes the way your immune cells work. They may not attack as quickly, and you could get sick more often. Good nightly rest now can help you avoid that tired, worn-out feeling, as well as spending days in bed as your body tries to recover.

Weight Control: When you're well-rested, you're less hungry. Being sleep-deprived messes with the hormones in your brain -- leptin and ghrelin -- that control appetite. With those out of balance, your resistance to the temptation of unhealthy foods goes way down. And when you're tired, you're less likely to want to get up and move your body. Together, it's a recipe for putting on pounds. The time you spend in bed goes hand-in-hand with the time you spend at the table and at the gym to help you manage your weight.

Too Much of a Good Thing?: Sleep needs vary, but on average, regularly sleeping more than 9 hours a night may do more harm than good. Research found that people who slept longer had more calcium buildup in their heart arteries and less flexible leg arteries, too. Your best bet is to shoot for 7-8 hours of slumber each night for peak health benefits.

Read the Full article [HERE](#).

Are you having trouble falling asleep?

Read this [ARTICLE](#) for some helpful suggestions.



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