

JANUARY 2020

CENTRAL-CLEMSON

Recreation Center



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JANUARY NO JOINING FEE

JOIN NOW AND SAVE!

Don't miss our once a year January No Joining FEE. Join anytime from January 1st - January 31st and you pay no joining fee. That is a \$50 savings.

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 Closed at 5:00pm	1 Closed	2	3	4 Smart Start Basketball Begins
	No Fitness Classes					
5	6 Try Before You Buy FREE WEEK	7	8	9 weight room orientation, 9:00am	10	11
12	13	14 weight room orientation, 9:15am	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	1

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

GET LUCKY

WITH GREENS AND BEANS

Trace the roots and you will find superstitions of fortune and gold linked to Collards and black eyed peas dating back as far back as 500 A.D. As cool as that may be that is not why we love this meal. What we love is the simplicity, the clean flavors and the Delicious taste. Add some homemade skillet cornbread to the plate and you have a meal that is great any time of the year, but especially for the new year. Most southern families have their own version of this classic, but if yours does not here is a great place to start.

INGREDIENTS

2 pounds black-eyed peas,
soaked overnight if possible
2 pounds smoked ham hock,
meaty ham bone or slab bacon
2 teaspoons kosher salt
1 large onion, peeled and stuck
with 2 cloves
1 bay leaf
½ teaspoon black pepper
½ teaspoon allspice
2 tablespoons vegetable oil
4 garlic cloves, minced
½ teaspoon crushed red pepper
2 pounds collard greens, cut in 1-
inch ribbons (about 8 cups)

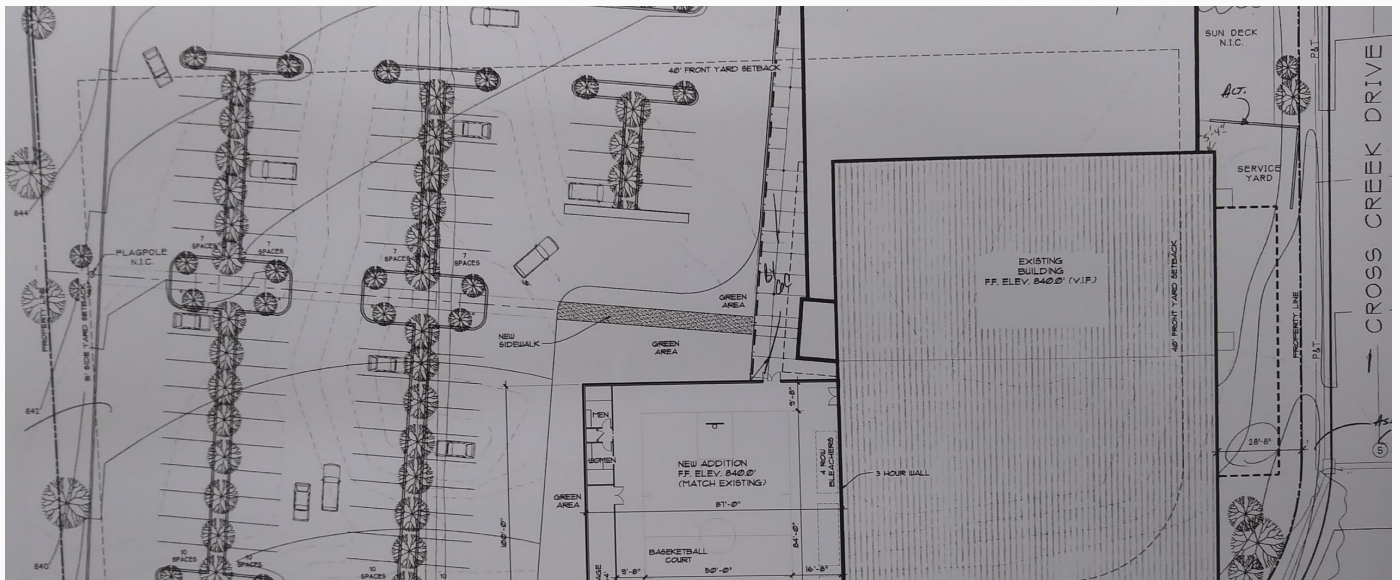
PREPARATION

Drain peas and put them in a large Dutch oven or heavy-bottomed soup pot. Add ham hock or bone (if using slab bacon, cut it into 2-inch chunks), cover with 10 cups water and turn heat to high. Add salt, onion stuck with cloves, bay leaf, black pepper and allspice. Bring to a boil, then reduce heat to a gentle simmer. Skim off and discard any foam that rises to the surface. Simmer for 1 1/2 to 2 hours, until peas are tender. Throughout cooking, add water as necessary, always keeping liquid level 1 inch above surface, stirring with wooden spoon occasionally. Turn off heat. Check broth for salt and adjust seasoning. Mixture should be fairly brothy. With a pair of tongs, remove ham hock, ham bone or bacon. Chop meat and skin in rough pieces and set aside. Put a large wide skillet over medium-high heat. Add vegetable oil and heat until wavy. Add garlic and red pepper and let sizzle without browning. Add collard greens and stir to coat. Season with salt and add 1 cup water, stirring to help wilt greens.

Continued on page 5.



*don't forget your cornbread! See our pick on page 5. And, learn more about the history of beans and black eyed peas **HERE!***



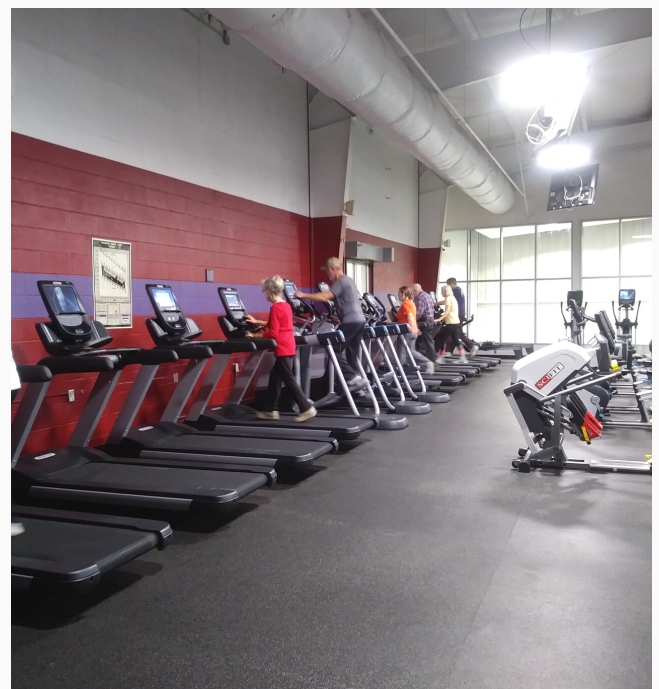
CHANGE IS HERE

HAVE YOU SEEN IT?

If you have been in our weight room you will have noticed our new cardio equipment! Look around and you will even see a few new additions, including rowing machines and a SCIFIT Onestep Recumbent Stepper! The benefits of the rowing machine include strengthening and conditioning most major muscle groups in the upper and lower body and rowing is virtually impact-free. StepOne provides a smooth, total body functional movement. It features low starting resistance, direct wheelchair access, adjustable arm length and handle angle, customizable programs and documentation to help users reach their goals.

We are currently waiting for the delivery of our new weight equipment and will let you all know as soon as it arrives.

You will also have noticed the new parking area is well under way and the plans for the coming basketball court can now be found in our front entryway. Be sure to stop and take a look at it when you are in next.



Come try something new or enjoy one of your favorites upgraded!

WELCOME TO THE TEAM

Kasey Fowler



Hello, I'm Kasey Fowler. I am the Aquatics Coordinator for the CCRC. I am currently pursuing an education degree from Clemson. I have worked in aquatics as a lifeguard for over 6 years both at pools and waterfront. In my free time I enjoy rock climbing, reading and listening to music. I look forward to meeting you and helping to make your experience at the rec the best possible.

STUDENT MEMBERSHIPS

The spring Student Membership is here! All full time students of Clemson University, Southern Wesleyan University and Tri County Technical College are invited to join. Be sure to bring your student ID for registration

Dates: January 2st - May 31st

Cost: \$80 per semester

Amenities: 2 Pools, Weight Room, Fitness Classes, Basketball, Volleyball, Water fitness classes and more.

DON'T FORGE THE CORNBREAD



Add chopped ham and reduce heat to medium, then cover with lid slightly ajar and cook until greens are soft, about 20 minutes. Check seasoning. To serve, put greens and meat in low soup bowls, then ladle over hot black-eyed peas. Sprinkle with scallions.

Find the full recipe **HERE**.

Bean and greens are not the same without a big pan of cornbread. Try this simple recipe or get inventive with cheese, jalapenos, corn and more.

Ingredients

1 tablespoon vegetable shortening (for skillet)

2 cups yellow cornmeal

1 1/2 cups all-purpose flour

2 teaspoons salt

2 teaspoons baking powder

1 teaspoon baking soda

Optional: 2 tablespoons sugar

3 eggs (beaten)

2 cups milk 1/4 cup butter (melted)

Find the full instructions **HERE**.

ASK NICKIE



Nickie knows, and now you can too!

We understand, working out can be hard. Are you get in a rut, not sure what to do, feel like you are doing the same thing over and over? Let me help you turn your new year upside down.

If you have questions regarding Fitness, Health, Wellness, Nutrition, and Green living... Ask Nickie. Each month these questions will be answered in the newsletter. You can fill out a slip located downstairs with any question you'd like answered. You can remain anonymous or have your name printed.

Happy Health, Happy New Year!

Nickie Mueller, CCRC PT Coordinator

Ask Nickie: Member Melanie asked, I want to make changes and set fitness goals for the new year. I'm not sure how to go about it and be successful. Any tips or suggestions? Help!

Dear Melanie, Here are some helpful tips:

Step 1: Look back. Before you can effectively plan ahead, you have to look back. Do a review of your health and fitness goals and behaviors during the past year. Ask yourself: What went well and what didn't? Think about it. Write it down.

Step 2: Include your body's point of view. Your body is your home; your anchor. Start to treat it that way. Whether it's weight loss, getting stronger, gaining weight, or whatever else, you need to include your body in whatever fitness program you choose.

Step 3: Pick a goal that's for you, not about you. People struggle with this. Take some time to write down one or more goals that are truly for you and only you. Some examples of goals that are just for you are: Improve my mile run time because running makes me feel strong and powerful. Commit to cooking dinner at home three nights a week because it's healthier than going out and improves my relationship with food. Lose 15 pounds to get back to my "healthy, happy weight" because I like how I look and feel at that weight.

Step 4: Always do your prep work. Now that you've chosen your goal, you're ready for the most tactical step. Take five minutes and write out what you need to do today to get to your goal tomorrow or the next day or month. Anything that you want to see happen in your day, write it down. It's not just a to-do list. It's a life list, so you can put fun and easy stuff on there, too.

Step 5: Make time for mindset maintenance. The power of positivity is a real thing. As you work toward your goal, make sure you remember this is a process and it's good to embrace the difficulty and the rewards.

31 DAYS OF FITNESS

We understand, sometimes exercising can be difficult.

Maybe you have been working out all this past year and are just feeling a little burnt out, or, maybe you are just getting started with us and don't know how to jump in. Let us help!

We recommend at least a full month jump start to get you into the groove of 2020. That commitment to making fitness a part of your daily life will help you stick with it all year long! We have found two great options to get you going on your month marathon of exercise.

JANUARY WORKOUT PLAN

or

NEW YEAR'S CHALLENGE

Now, if you are the type of person who just knows you are going to have a hard time committing, try the following tricks and never miss a beat.

- Get a partner: Neither of you will want to let the other person down and you will both show up and benefit
- Switch to classes: With a strong community backing you and friends asking "where were you yesterday" you are more likely to stay consistent.
- Get a Personal Trainer: One you have committed with money you know you are going to make the time. Plus, the expertise of the trainers will mean you are getting the most out of every minute at the gym.

Please note that this plan may or may not be suitable for you and no new fitness regiment should be started without consulting your physician first.



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