



# Let's Power Up with Exercise &

## Dial Down the Stress

April is national stress awareness month. Let's get aware, educated and stress free together. Did you know that 77% of people regularly experience physical symptoms caused by stress? It is easy to shrug stress off as something you "just have". However, allowing your stress to build and not addressing it can have a real and negative effect on your happiness and health. Learn more about stress and how you can combat it at [The American Institute of Stress](#).

Did you know that exercise can play a huge part in helping you to reduce your level of stress? Check out page 3 to see what classes we recommend (and offer) for your daily dose of relaxation.

If you would like to know how your stress stacks up [take the test](#) and see.

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### Special points of interest

- Weight Room Orientations held April 3rd & 23rd
- No Fitness or Water Fitness Classes April 2nd—6th



## Fresh Fitness Tips from Our PT Coordinator!

This Winter was a chilly one! It may not feel like Spring yet, but it will warm up before we know it. Spring is a time for regrowth and new beginnings. Maybe your New Year's resolutions were put on the back burner during the sleepy, dark, cold Winter days. Maybe you need more daylight to get you moving and motivated. Well, now is almost your time to shine! Here are a few tips to help you out of hibernation mode.

- 1) Get outside!!! This may be obvious, but the warm air and sunshine is more fun to exercise in than the cold, breezy air we have seen this Winter. Go for a walk or hike on the

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*“Yardwork is considered exercise if it gets your heart rate up and keeps it up for an extended period of time.”*

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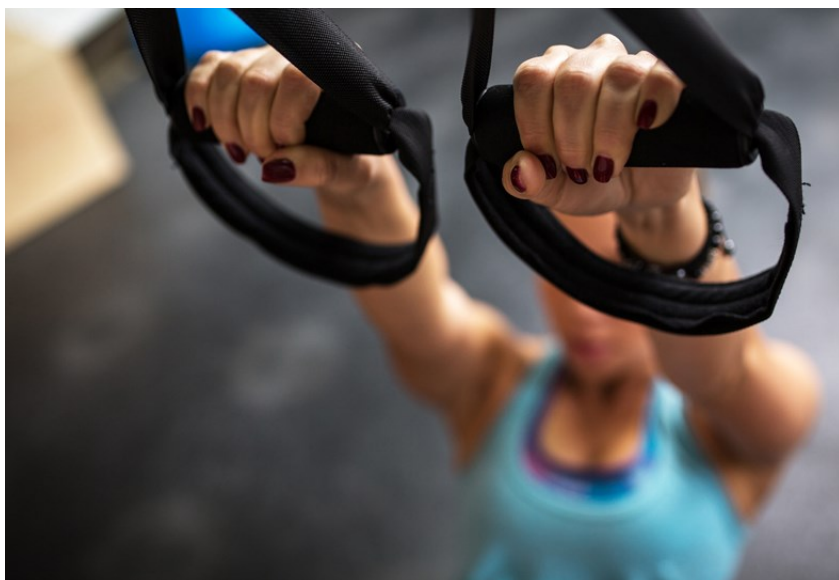
### SUMMER SPLASH

Summer is just around the corner. Before you know it the temperature will sky rocket and you will be searching for a place to cool off. With a CCRC summer splash membership you will have access to our two pools all summer plus a ton of other amenities. And all of this at one low cost, no joining fee and no commitment. Ask a front desk representative for details today.

weekends to unwind and relax. Finding new places to walk is a fun spring activity. Do not miss out on the lovely Spring temps, summers around here are too brutal for outdoor walks. The Botanical Gardens in Clemson have several different trails to choose from and beautiful sites to see. If you have not checked out the Gardens, this may be a good place to start your spring fitness fun.

Yardwork is also popular in Spring. Yardwork is considered exercise if it gets your heart rate up and keeps it up for an extended period of time. Raking leaves, spreading mulch, and planting seeds will keep you busy and healthy on your days off. Also, soaking up some natural Vitamin D is always a healthy bonus. Did you know That April 21st is [Arbor Day](#). Plant a tree to celebrate and get your exercise!

- 2) Spring is a great time for produce! Having healthy foods around will keep you on track to meet your goals. Strawberries hit their peak between April and June and can be stored in the freezer to use later, so buy as much as you want! There are many local places that will let you pick your own strawberries on their farms, which will give



Try a TRX Class

you a little exercise while you shop. Asparagus is also at its best this time of year. Asparagus is a great addition to your dinner or lunch plate. Grapefruit, another in season fruit, can be enjoyed all through Spring and for every meal! For a list of more Spring fruits and veggies, check out this [article](#).

- 3) Find new ways to work out this Spring. It's time for new beginnings and fresh starts. Try a new group fitness class (see page 6 for some tips from our fitness coordinator), practice your strokes in the pool, check out our weight room, see what pickleball is all about, or hire a trainer for a few sessions to spice up your current routine. It is almost swimsuit season and you may want to discover new ways to get over a winter plateau. Variety is good for your fitness routine and it is also a fun way to see results.

If our trainers can help you in any way, please feel free to contact me and I can help you decide which trainer would be best to help you with your needs. We all hope you all have a happy and healthy Spring! We will see around the gym!



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## Relax With Fitness

Is it high time you took some time to unwind? We agree and we have a few suggestions to help you do just that. Start your morning with either of these choices and you will be left feeling refreshed and ready to tackle the day!

### YOGA

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate.

- Tues. / Thurs. at 9:10am

### AI CHI

This class is an aquatic exercise and relaxation program that is performed using deep breathing and a combination of slow, broad movements of the arms, legs and abdomen.

- Thurs. at 8:00am







## It's Lunchtime, Let's Get To Work

You dream of that daily workout. But let's be honest, it is hard to get. You don't want to give up an hour of sleep every morning and you are just too tired after work, sound familiar? If so maybe it is time to put your lunch break to work.

*Why you should workout at lunch. ..*

### TIME

There is just never enough time in the say. We are always rushing and when we do get a little time out of work we want it to be ours! Taking advantage of our lunch break to workout helps us to do just that !

### MONEY

Redirecting your time during your lunch break means you will not have time to buy a big lunch, saving you \$ and pounds!

### CROWDS

Mornings & evenings are our busiest time here at CCRC. Make time at lunch so you can beat the crowd and focus on your workout.

### ENERGY

For many of us the most tiring time of the day is right after our big lunch. Devoting some of that time to exercise will give you a boost of energy.

### STRESS

Making time to do something good for yourself in a busy day can make you feel better all around and reduce your stress.

### PERFORMANCE

A midday workout will boost your energy and get your brain moving, meaning better work performance and productivity.

## How To Make It Happen

No one said getting your workout in at lunch is the easiest but with all the benefits it is the smartest and well worth the effort.

*How to make the most of your lunchtime workout...*

### BE TRANSPARENT

Make sure you let your boss (and coworkers) know you will be out of the office for exercise lunch breaks. This way, if something delays you getting back exactly on time they won't be left wondering where you are.

### PACK A LUNCH

Be sure to pack your lunch daily. Make it nutritious & don't skip it! Experts will tell you that replacing your lunch with exercise is not a smart choice but combining the two is! Pick healthy choices that will give you energy and not weigh you down.

### GRAB YOUR BAG

Always have your gym bag on hand. Never let your excuse be you did not have your workout gear or the "right" gear. Pack smart and always carry everything you need for clean up and an extra set of clothes for an alternative workout.



### PLAN AHEAD

How much do you want to sweat and how much time do you have. If you know you have a big meeting right after you may want a lighter workout that gives you more time and less sweat as opposed to a day where being a little sweaty and flushed when you get back to work is not a problem.

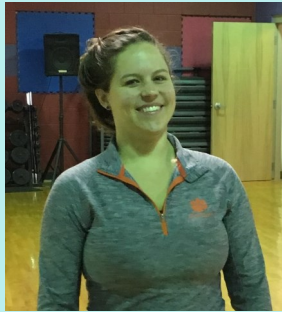
### CLEAN UP

A lot of people avoid lunch time workouts for fear of the sweat that comes with it. That is no reason to skip. With all the products out there you can clean up fast and be back to work and smelling fresh in no time. (Be sure to pack deodorant, dry shampoo & body wipes.)

### BE FLEXIBLE

No matter how carefully you plan something can always come up. Remember, you are at work and it has to come first. If you can't get your gym time or class in don't stress or give up. Be sure to slip in a small office workout or quick walk around the block.

## Instructor Highlight



Instructor Trai Murphy may be sweet and smile all the time but don't let that fool you. She has been described by long time member, Ron Gant, as "a soft-spoken drill sergeant!" Trai teaches a variety of classes but the ones we hear about the most are Wednesday evening's 5:30 Tabata and Friday's noon Get Ripped & Ride! Charter member, Jan Murdock is a regular participant in our 5:30 PM classes and says Trai gives you a challenging workout without a lot high impact exercises that can be hard on joints such as jogging or jumping jacks. Trai also leads Wednesday's 6:20 PM Ride, and, of course, Friday's noon class contains a Ride segment. Even though Trai does not use the bike herself, she is totally capable of coaching you through an incredible, energetic workout! Sounds like it's worth checking out, right?

## Spring Back Into a Fitness Class

You will love Them we promise!



Flowering trees and plants are blooming and trees are developing green, tender leaves! It's exciting to experience nature coming to life again! During winter months many of us suffer from "the winter blues." The hours of sunshine shortens and we don't get outside as much and breathe the fresh air we need. Sometimes that causes depression and a depletion of energy. Luckily, spring time tends to not only reawaken the earth, it does the same for us!

Now is a great time to begin or resume attending our fitness and water fitness classes! You will feel good about yourself, plus, feel great physically! Through the variety of classes we offer, you will receive a combination all of the weight-bearing and cardio exercises your body needs in order to develop strong bones and muscles and cardio based exercises which serves to improve endurance and boost weight loss. Did you know that weight-bearing and cardio exercises can diminish the threat of developing serious health problems such as heart disease and diabetes? They can also improve existing serious health conditions. We receive testimonies on a regular basis from our members regarding health improvements due to their participation in various types of workouts! Hopefully, you will want to share with us how you have improved from attending our classes!

Professional instructors are ready to help. Isn't it time for you to come to life again and experience a reawakening of both mind and body?



Best of health,  
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# April 2018

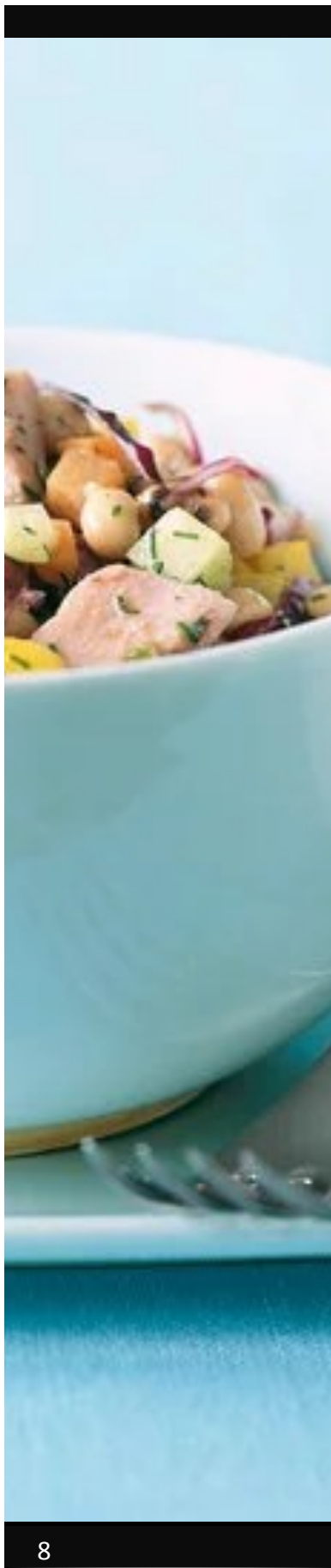
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy Easter Aprils Fools Day	2 No Fitness Classes	3 Weight Room Orientation 10am	4	5	6 No Fitness Classes Nat'l Tartan Day	7 Passover Ends World Health Day
8 Orthodox Easter	9	10 Nat'l Sibling Day	11	12 Holocaust Remem. Day	13 Lailat al Miraj Courts Closed @ 4:30pm Thomas Jefferson's Birthday	14
15	16	17 Upstate Kids Consignment Sale, courts closed Tax Day	18	19 Yom HaAtzma'ut	20	21 Upstate Kids Consignment Sale, courts closed Record Store Day
22 Earth Day	23 Weight Room Orientation 10am English Language Day	24	25 World Malaria Day Administrative Professional Day	26 Six Mile Farmers Market Opens (Thursday from 4-7pm)	27 Arbor Day	28 Central Railroad Festival
29	30 Int'l Jazz DAY					

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

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)



## Reinvent Your Leftovers

Easter has come and gone and it was great! You enjoyed quality time with your family and ate LOTS of yummy food. Now it's the next day and you are left with a mound of leftovers and we all know we can only eat the same thing for so many days before, well, we just can't. No fear, we have a few recipes that will turn your old leftovers into a whole new meal

### Hello Ham

That once delicious ham now just seems little too hammy. It is time to reinvent it. We suggest the light and fresh ham and black eyed pea salad.

#### Ingredients

- 1/2 cup coarsely chopped fresh dill, plus more for serving
- 2 tablespoons Dijon mustard
- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- 2 teaspoons ground cumin
- kosher salt and black pepper
- 2 16-ounce packages frozen black-eyed peas, thawed
- 1 red or yellow bell pepper, finely chopped (1 cup)
- 3 shallots, finely chopped (1/2 cup)
- 2 stalks celery, finely chopped (3/4 cup)
- 2 medium carrots, finely chopped (1 cup)
- 1/2 small head red cabbage, thinly sliced
- 1 pound good-quality baked ham (buy it unsliced from the deli counter), cut into bite-size pieces

#### How to Make It

##### Step 1

In a large bowl, whisk together the dill, mustard, vinegar, oil, cumin, ¾ teaspoon salt, and ½ teaspoon pepper.

##### Step 2

Add the black-eyed peas, bell pepper, shallots, celery, carrots, cabbage, and ham and toss to coat.

This is and more recipes ideas [HERE](#)



## Egg-citing Recipes

You have dyed them, and hid them and hunted them, now what? Don't let them go to waist. Turn your beautiful Easter eggs into a delicious meal. We are recommending something with an odd name but yummy taste., Smorgastarta!

### Ingredients

- ⅔ cup reduced-fat sour cream
- 1 teaspoon finely grated lemon zest
- 2 teaspoons lemon juice
- 6 large hard-boiled eggs, (see Kitchen Tip), finely chopped
- ¼ cup chopped fresh dill
- 1 tablespoon finely chopped red onion



*“Don't let the name intimidate you. This delicious take on the Swedish “savory sandwich torte” is sure to please family and guests alike.”*

- 2 teaspoons finely chopped rinsed capers, (optional)
- 4 ounces smoked trout, skin removed, shredded
- ⅓ cup finely chopped celery
- 2 teaspoons finely chopped parsley
- ½ teaspoon caraway seeds, (optional)
- Pinch of freshly ground pepper
- 12 thin slices whole-wheat bread, or rye bread, lightly toasted

### How to Make it

1. Mix sour cream, lemon zest and juice in a medium bowl. Combine eggs, dill, onion and capers (if using) in another medium bowl. Stir in half of the sour cream mixture.
2. Add trout, celery, parsley, caraway seeds (if using) and pepper to the remaining sour cream mixture.
3. To assemble sandwiches: Divide the egg mixture among 4 slices of bread. Top with bread, then spread with the trout mixture. Top with the remaining bread. Cut each sandwich in half and serve.

See the full recipe [HERE](#)

### Mix it up.

Want to put both ingredients to use at one time?

Try this [Country Potato Salad](#) that will put you leftover ham and hard boiled eggs to use.



# Group Swim Lessons

BEGIN JUNE 11 • AGES 6 MONTHS - 14 YEARS  
REGISTRATION BEGINS MAY 1, 2018

Lessons are held twice  
a week for 4 weeks.  
(8 sessions total)

Members:

\$100.00

Non-Members:

\$140.00

Give us a call or visit  
our website for more  
information.

[www.centralclemsonrec.com](http://www.centralclemsonrec.com)

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