



October 2018



5 Fun Pumpkin Exercises to Do This Halloween

A Halloween workout? Well, it doesn't take a mad scientist (or a person dressed as one) to realize that a pumpkin can be used as a weight, making them perfect for these pumpkin exercises!

The Halloween gourds grown for carving typically range from two pounds to 25 pounds... though the biggest pumpkin ever weighed in at a monstrous 2,323 pounds.

But enough pumpkin trivia. We're here to sweat. For these festive pumpkin exercises, we consulted with pumpkin lover Mario Godiva, a holistic health coach and certified Equinox fitness trainer, who recommends using two pumpkins.

For the push-up, use a flatter, heavier pumpkin so you don't lose your balance and take a nosedive into the squash. "You're going to have to be a little careful," Godiva advises, "which actually makes you work a bit harder for balance and stability." For the other exercises, choose a second, lighter pumpkin.

Here are weighted pumpkin exercises to ensure that you're a fit gypsy, a limber ghost, or just a downward-dogging little devil in the pumpkin patch this year.

Aim for 15–20 reps per move.

1. Pumpkin Staggered-Hand Offset Push-Up



Target Muscles: Chest
How to do it:

- Assume a push-up position (feet together, body straight from head to heels, arms straight, hands in line with and slightly wider than your shoulders) with a pumpkin three inches in front of your right hand.
- Place your right hand on the middle of the pumpkin, squeezing your glutes and bracing your core to keep your body rigid (and your hips from sagging). This is the starting position.
- Keeping your elbows tucked, lower your chest until it almost touches the floor. Pause, then push yourself back up to the starting position.
- Switch sides for each set.

2. Pumpkin Pick Up and Press



Target Muscles: Glutes, quads, shoulders
How to do it:

- Stand with your feet slightly wider than shoulder-width apart and turned out 15-degrees with the smaller pumpkin between them.
- Keeping your back flat, straight, and core braced, lower your body and grab the pumpkin with both hands. This is the starting position.
- Straighten your legs as you lift the pumpkin to chest level.

Now press it overhead until your arms are straight. Pause, and then reverse the movement, lowering the pumpkin to the floor. That's one rep.

3. PUMPKIN LOADED LUNGE



Target Muscles: Quads, glutes, shoulders, core

How to do it:

- Stand tall holding the smaller pumpkin straight overhead with both hands.
- Keeping your back flat, straight, and core braced, take a large step forward with your right leg, lowering your body until your right thigh is parallel to the floor (don't let your left knee touch the ground).
- Pause, and then push back up to the starting position. Do equal reps with both legs.

4. SEATED PUMPKIN TWIST



Target Muscles: Core

How to do it:

- Sit on the floor with your knees bent, holding the smaller pumpkin in front of your chest with both hands. Lean back slightly.
- Keeping your back straight and core braced, rotate your torso as far to the right as you can, and then as far to the left as you can. That's one rep.
- Not challenging enough? Hold the pumpkin farther away from your chest.

5. PUMPKIN GOBLET SQUAT



Target Muscles: Quads and glutes

How to do it:

- Hold a smaller pumpkin in front of your chest.
- Set your feet slightly wider than shoulder-width apart. Keeping your back flat and elbows pointed down, push your hips back and lower your body until your thighs are at least parallel to the ground (your elbows should touch the insides of your knees).

Pause, and then slowly push yourself back up to the starting position.

Read the full article [HERE](#).

October 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4 World Animal Day	5 World Smile Day	6
7	8 Columbus Day	9 Leif Erikson Day	10 Fire Prevention Day—Courts closed until 3:30	11	12	13
14	15	16 Bosses Day World Food Day	17	18	19	20 CLOSED for Clemson home football game.
21	22	23	24 United Nations Day	25	26	27
28 Nat'l Chocolate day	29 Nat'l. Cat Day	30	31 Halloween			

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

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)



CCRC

STUDENT MEMBERSHIPS

———— **\$80** per semester ————

JOIN TODAY | ENJOY TODAY





FALL IS HERE!! Along with the cooler weather there are several ways we can stay healthy this time of year. Here are just a few...

Yummy Pumpkins!

Think beyond pies and jack-o-lanterns. Pumpkin, a fall favorite is packed with vitamins A and C, and the seeds, are rich in phytosterols, which may help to lower cholesterol.

Get your flu shot.

According to the U.S. CDC, "The single best way to prevent the flu is to get a flu vaccine each season." And the best time to get your flu shot is October. This gives your body time to build up immunity, so you'll be protected before it's too late.

Head outside.

Spending time outdoors increases your vitamin D levels, makes you happier, and can improve your concentration. While you're outside, get a workout. Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

Scare off those Halloween candy cravings.

Wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard. \

Eat like an athlete – not a couch potato – on game day.

Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Other simple improvements to game day favorites, such as cutting pizza into smaller slices, and doling chili into cups instead of bowl-sized portions and more. Buy in-season veggies, such as beets, broccoli brussels sprouts, cabbage, carrots, cauliflower, eggplant, kale and squash. These are all great for making soups, stews, stir fries, and even eaten raw. Packed with nutrients, and easy in the pocketbook.

HAPPY HEALTHY EATING!



Nickie Mueller

Personal Training Coordinator

CCRC

nickiemccrc@outlook.com

Weight Room Orientations

October 19th @2:00pm and
October 26th @11:30pm.

Register at the front desk.

Thank You For Being Considerate!



When you are in the weight room please remember to be considerate and follow the house rules.

1. Don't drop weights.

Dropping or clacking the weights can be very distracting to your fellow members and classes located directly under the weight room. Plus, if you are having trouble gently lowering weights it may be a sign that you have too much weight or are pushing too hard.

2. Wear closed toed shoes.

Wearing closed toed shoes at all times in the weight room helps keep your feet safe and the facility hygienic.

4. Only 15 and up allowed.

Anyone under the age of 15 years is NOT allowed in the weight room (even under adult supervision).

Thank you for helping us to keep the weight room a fun, safe and enjoyable space for everyone!

CCRC Staff

PUMPKIN SOUP WITH CRANBERRY COMPOTE AND ROASTED CHESTNUTS

Now that fall is here it is time for two of our favorite things. Hearty soups and pumpkins! This month we have a yummy suggestion for how to get a lot of both of these.

FOR THE PUMPKIN SOUP

- 5 tablespoons unsalted butter
- 3 cheese pumpkins (3 pounds each), halved and seeded
- Coarse salt and freshly ground pepper
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon curry powder
- 1/4 teaspoon freshly grated nutmeg
- 8 cups low-sodium canned chicken stock
- 1 cup heavy cream

FOR THE CRANBERRY COMPOTE

- 2 cups fresh cranberries
- 1/4 cup sugar
- Zest of 1/2 lemon
- 1/2 teaspoon coarse salt

FOR THE ROASTED CHESTNUTS

- 10 fresh chestnuts, scored on one end
- 5 tablespoons unsalted butter

Continued on the next page.



October 1st is WORLD VEGITARIAN DAY!

What Veggies will you eat?

DIRECTIONS

1. Prepare the Pumpkin Soup: Preheat oven to 375 degrees. Line two baking sheets with parchment paper. Coat each with 1 tablespoon butter, and sprinkle with 1 tablespoon water. Season flesh of pumpkins generously with salt; place cut-side down on sheet. Roast until tender, 30 to 45 minutes.
2. Meanwhile, melt remaining 3 tablespoons butter in a Dutch oven over medium heat. Add onions; cook until translucent. Add garlic, curry, and nutmeg; cook, stirring frequently, for 2 minutes. Set aside.
3. When pumpkin is cool enough to handle, using a spoon, scrape flesh from skin into Dutch oven. Stir in stock, and bring to a boil over medium-high heat; reduce to a simmer, and cook over low heat for 30 minutes.
4. Prepare the Cranberry Compote: In a medium saucepan, combine 1 cup water, cranberries, sugar, zest, and salt; bring to a boil over medium-high heat. Reduce to a simmer, cooking until it reaches a jam-like consistency, about 20 minutes.
5. Prepare the Roasted Chestnuts: Heat oven to 400 degrees. Place chestnuts on a baking sheet; roast until shells split, 5 to 10 minutes. Let stand until cool.
.
Shell nuts, and slice thinly. Melt 2 tablespoons butter in a medium skillet over medium heat. Add chestnuts, and cook until browned over low heat. Drain on a paper towel-lined plate.
7. Blend soup using an immersion blender or in batches in a blender. Over a large bowl, strain through a fine mesh strainer; set strainer over pot, strain again. Whisk in cream, and season with salt and pepper.
8. To serve, ladle soup into warmed bowls. Garnish with a dollop of cranberry compote and a sprinkling of chestnuts; serve immediately.

Find this recipe and more [here](#)

Central-Clemson Recreation Center
130 Commons Way, Central SC 29630
Phone: 864-624-1138
Email: pbecker@cityofclemson.org
Website: www.centralclemsonrec.com
Follow us on [Facebook](#)

