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CENTRAL-CLEMSON

Recreation Center



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The 3 best types of exercise for heart health and how to create a heart-healthy workout plan

Exercising is one of the best ways to keep your heart healthy and reduce your risk for cardiovascular disease, which causes 25% of deaths among Americans each year. At the same time, skipping exercise can increase your risk. For example, it's estimated that 35% of deaths from coronary heart disease are caused by physical inactivity.

It's clear that exercise is important for a healthy heart. Here's which types of exercise are best and how much you need.

Aerobic exercise for heart health

Aerobic exercise is exercise that increases your breathing and heart rate. This is also known as cardiovascular exercise or cardio, because it directly improves your cardiovascular system, which is powered by the heart. The American Heart Association recommends that adults do a minimum of 150

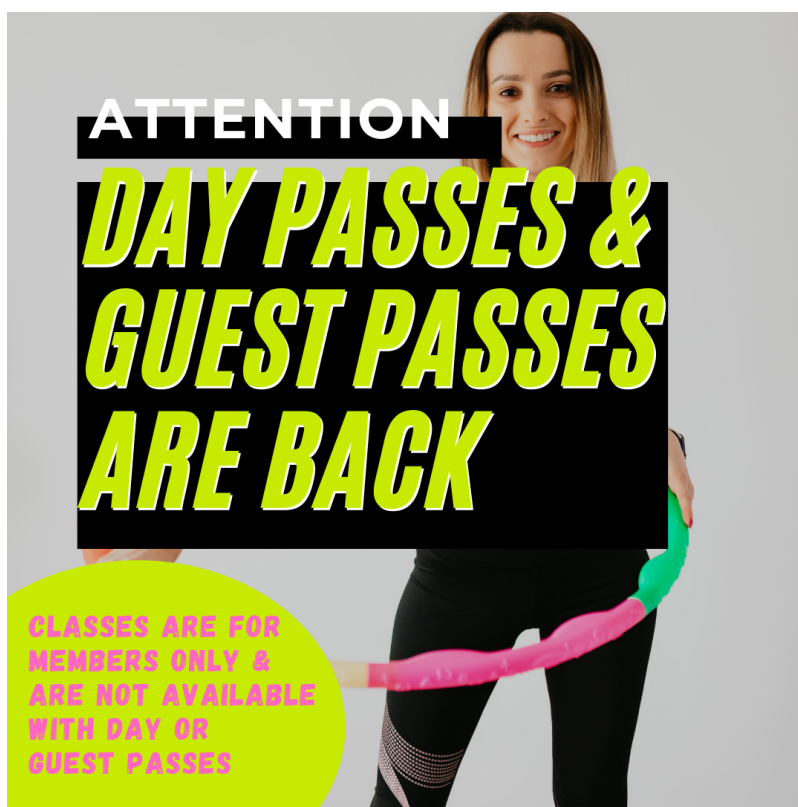
minutes — 2.5 hours — of moderately intense aerobic exercise each week. Examples include: Walking, Dancing, Water aerobics, Tennis, Biking, etc.. If you're short on time, you can opt for vigorous exercise like running, hiking, or swimming laps, which you only need to do for 75 minutes per week to reap heart health benefits. Overall, getting the recommended amount of aerobic exercise can improve your heart health and help prevent heart disease.

Strength training for heart health

The American Heart Association recommends that people do moderate- to high-intensity strength training twice a week as part of their minimum of 150 minutes of exercise. Examples of strength training include: Weight lifting, Resistance training, Push-ups Body weight exercises, like suspension training Core exercises that help burn belly fat.

The 3 best types of exercise for heart health Continued...

For maximum impact, celebrity trainer Jillian Michaels recommends combining strength training with aerobic exercise in so-called circuit training, rather than thinking about them as two separate endeavors. "Incorporate multiple muscle groups simultaneously, because it burns more calories and it forces the heart to drive blood to different muscle groups which increases cardiovascular conditioning,"



Stretching for heart health

Although it might be easy to overlook, stretching and increasing flexibility is another important type of exercise recommended by the American Heart Association. Some types of stretching exercises — particularly yoga — can have a direct impact on heart health by reducing arterial stiffness, or the thickening of the arteries that is linked with high blood pressure and stroke. Stretching and flexibility training can also make aerobic exercise and strength training easier. "They allow you to perform your aerobic and strength training activities more efficiently by decreasing risk of injury and improving stability," Bhanote says. Michaels recommends at least five minutes of stretching five times a week — both before and after your workout.

The bottom line For optimal heart health, it's important to try and incorporate all three of these types of exercise into your weekly routine. Michaels recommends using circuit training and high-intensity interval training (HIIT) four times a week following this loose routine: On Monday and Thursday, focus on chest, triceps, shoulders, quads, obliques. On Tuesday and Friday, focus on back, biceps, hamstrings, abs. On days off from strength training, focus on cardio like walking, hiking, or swimming. All you really need to do is move your body and find the form of physical activity you enjoy doing. "Exercise is literally the top form of preventative medicine," Michaels says. "The bottom line is, if you want to stay healthy, move your body. Consistently."



Seared Scallops with White Bean Ragu & Charred Lemon

Ingredients

3 teaspoons extra-virgin olive oil
1 pound mature spinach or white chard,
2 cloves garlic
1 tablespoon capers
½ teaspoon ground pepper
15 ounce can no-salt-added cannellini
beans
1 cup low-sodium chicken broth
⅓ cup dry white wine
1 tablespoon butter
1 pound dry sea scallops
1 lemon
2 tablespoons chopped fresh parsley

Directions

Step 1: Heat 2 teaspoons oil in a large skillet over medium-high heat. Add greens and cook, stirring often, until wilted, about 4 minutes. Stir in garlic, capers and 1/4 teaspoon pepper; cook, stirring occasionally, until fragrant, about 30 seconds. Add beans, broth and wine and bring to a simmer. Reduce heat to maintain a low simmer, cover and cook for 5 minutes.

Remove from heat and stir in butter. Cover to keep warm.

Step 2: Meanwhile, sprinkle scallops with the remaining 1/4 teaspoon pepper. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until browned on both sides, about 4 minutes total. Transfer to a clean plate. Add lemon halves to the pan, cut-side down, and cook until charred, about 2 minutes. Cut into wedges. Sprinkle the scallops and the bean ragu with parsley and serve with the lemon wedges.

Top 10 Heart-Healthy Foods

A good diet is critical to good heart health. You should eat plenty of:

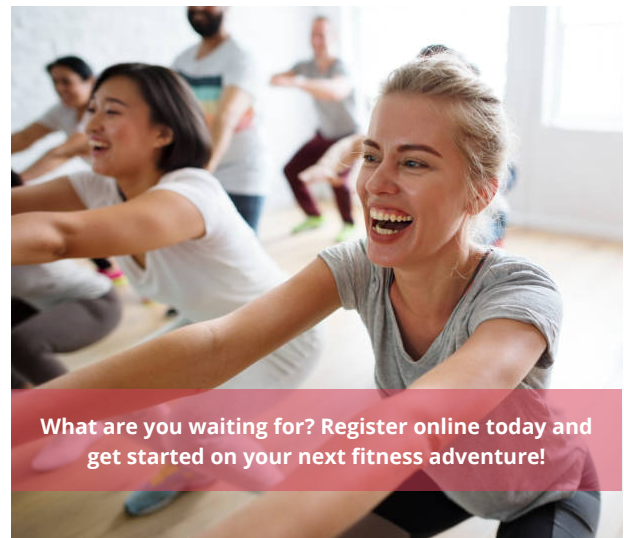
- Fruits and veggies
- Fish and skinless poultry
- Whole-grain foods
- Nuts
- Protein-rich beans
- Low-fat dairy products

Better Together

Sometimes working out is hard, but there are ways to make it easier on yourself. Have you tried one of our group fitness classes? The benefits are amazing and our commitment to your health means you can join in with confidence. For example, we deep clean between each class and the number of participants is limited allowing for good social distancing! So what makes taking group fitness classes a good option?

Group fitness includes many of the same benefits as a personal trainer, and it's free at CCRC. Many of us need help with form, accountability, and overall results. If hiring a personal trainer isn't an option for you, instead of struggling through every workout, or risking injury, take a group fitness class, which allows you to work with a fitness professional.

Group fitness can boost motivation and create accountability. Head to a group fitness class on the days you're not motivated to work out. With a teacher telling you what to do, the session is less work for you, while still being effective. Plus, it would be rude to sign up and bail, leaving an open spot that could otherwise have been filled by someone else.



What are you waiting for? Register online today and get started on your next fitness adventure!

Group Fitness is Fun. Period. One of the most popular reasons for taking a group fitness class is the simplest: They're just plain fun. With music playing and everyone else working with you, sharing in the struggle and the success, it can feel more like a party than a workout.

Working out in a group can push you in a friendly way. For those who are competitive, the social aspect is valuable because with a little camaraderie comes friendly competition, pushing you to work harder than the person next to you. This is why group fitness is perfect for days when your workout motivation is low, and you'd otherwise breeze through an easy workout. With both the attendees and the instructor pushing you, you'll work harder than if you'd gone at it alone!



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