

Summer Is Here

ARE YOU READY?

- ✓ Towel
- ✓ Swim Suit
- ✓ Goggles
- ✓ Summer Splash
Membership

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SPECIAL POINTS OF INTEREST

- Father's Day is June 17th
- Swim lessons start June 11th



SUMMER SPLASH

Summer Splash is finally here. Enjoy 3 months of relaxing swims, fun classes and great exercise. What more could you ask for this summer. If you have not already purchased your Summer Splash Membership don't worry, you can register at any time.

SWIM LESSONS

Group Swim Lessons are just around the corner, they start June 11th to be exact. Have you registered yet? Space is limited so be sure to get in here today to reserve your child's spot. Lessons are available for ages 6 months (parent-tot classes) to 14 years old!

“register for Group Swim Lessons and a Summer Splash Membership to save \$40 on your Swim Lessons!”

BUY 2 & SAVE

Did you know that if you register for a summer splash membership you will save \$40 on your group swim lessons, WOW!

You must be a member at the time of swim lesson registration in order to receive your discount. So, purchase for you summer splash membership today to save!

FARWELL TO A FRIEND

members & staff at CCRC,

At the end of May, I finished up my time as the Personal Training Coordinator at CCRC. Over the last 3 years, this facility and the people in it



have stolen a piece of my heart. I have made new friends who can never be replaced or forgotten. We have laughed together, cried together, & made memories to last a lifetime. Leaving clients, friends & coworkers is no easy task, but knowing my path has crossed the paths of many fan-

tastic people during my time at CCRC makes me feel grateful & blessed.

Thanks to my coworkers, who love this facility & keep it running like a well oiled machine, I know my clients & the members will be in good hands. Each staff member has their own talents they have chosen to share & when they bring their talents together, they are unstoppable. Keep work-



ing hard for the greater good of the community guys.

My clients over the years have turned into friends & I will miss them more than they know. Thank you friends for trusting me with your fitness goals. Thank you for putting in the hard work every time you walked in the door to get yourself one step closer to your goals. I also appreciate you for sharing your kind & wise words with me over the years. I've learned so much from each one of you. While I will miss seeing you all weekly, keep in mind, I'm just a phone call away.



After graduating in May with my exercise science degree, I had a new door to open & I have decided to take on a new chapter in life. Thank you all for making the last 3 years such an amazing experience! CCRC is a blessing to the community & has been a blessing to me. I will always look back on this time in my life & smile.

“Goodbyes are not forever. Goodbyes are not the end. They simply mean I'll miss you, until we meet again.”

Courtney Griffin

OUR NEW PT COORDINATOR!

While we are sad to see Courtney go we are to introduce our new Personal Training Coordinator, Nickie Mueller!



Nickie Mueller has a Bachelor of Science degree in Accounting and Finance from Clemson University with a concentration area in Health Science and Nutrition. She is a Nationally Certified Personal Trainer and Certified Lifestyle and Weight Management Specialist through NESTA. She's also an aerobics instructor and Certified Silver Sneakers Instructor. As long time member and personal trainer at CCRC, she's passionate about fitness and nutrition. She's a firm believer in functional fitness and helping clients find

balance through diet and exercise. As a motivational trainer she makes workouts fun while at the same time helps you reach your goals.

Nickie Mueller
CCRC Personal Training Coordinator
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MENS HEALTH MONTH

June is Men's Health Month. Here are a few quick facts about men's health.

- Major risks to men's health include heart disease, cancer, depression and the tendency to engage in risky behavior.
- Men are less likely than women to visit the doctor, resulting in more hospitalizations and deaths from preventable conditions.
- Regular check-ups and health screenings can result in longer, healthier lives in most men.
- A healthy diet, lifestyle and exercise can prevent and treat most problems associated with men's health.
- Men are often unaware of the [dangerous side effects](#) some drugs have to their health.

Find out more about men's health [HERE](#).

FATHER'S DAY GIFT IDEAS

**Here is our perfect
pick gift idea for
Father's Day!**

Personal Training

This is a great choice for a novice or a dad who already loves hitting the gym.

If dad already has a gym membership chances are he is putting it to use and loving it. So, he may be surprised to he find that there is still a lot he can gain from a professional. Help your dad step up his game with a Personal Trainer. Plus, it will keep him from falling into a rut and loosing interest, and you know we can't have that.

If your dad is a novice or just not that fitness oriented then a personal trainer is just what he needs! It will give him the knowledge and confidence to really focus on his health and enjoy it.

Find out more about our personal trainers [HERE](#).

RECIPES OF THE MONTH

MIXED BERRY YOGART CRUNCH

June is prime berry time at your local farmer's markets. Stop by one of the many around you and you are sure to find blueberries, strawberries and more. Of course they are delicious to eat just as they are but you can also turn them into a more filling snack. We recommend the Mixed Berry Yogart Crunch.



Courtesy of Shades of Cinnamon

Ingredients

- Mixed berries of your choice
- a Few tablespoons of Yogurt (how about some homemade yogurt.)
- a few tablespoons of Healthy Breakfast Granola.

Instructions

- Layer the Granola, and yogurt and top with berries
- Dig in and enjoy!

ROASTED OKRA

You have your berries now don't forget your greens!

Ingredients

- 1 pound okra
- Salt to taste
- 2 tablespoons extra virgin olive oil
- Fresh thyme leaves to taste optional
- Freshly ground pepper



Instructions

1. Preheat the oven to 450 degrees. Rinse, drain and dry the okra. Trim away the stem ends and tips. Salt to taste, and toss with the olive oil.
2. Lift the okra from the bowl, leaving behind any excess oil. Place on a sheet pan in one layer. Roast in the oven for 15 minutes (large okra might take a little longer), shaking the pan every five minutes. The okra should be lightly browned and tender, with a nice seared aroma. If you don't want it to brown as much, set the oven at 400 degrees.
3. Remove from the heat, toss with fresh thyme, if desired, and freshly ground pepper. Transfer to a platter. Serve hot.

Find the full recipe and nutritional info [HERE](#)

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Nat'l Doughnut Day	2 Yoga 9:00am
3	4	5 World Environment Day	6	7	8 Weight Room Orientation 9am Nat'l Best friend day World Oceans Day	9 Yoga 9:00am
10	11 Group swim lesson start (Held Monday—Thursday)	12 Camp Clemson Starts Attending (ends Aug 2)	13	14	15	16 Yoga 9:00am
17 Father's Day	18 Weight Room Orientation 10am Int'l. Picnic Day	19 Juneteenth	20 World Refugee Day	21 Summer Solstice Int'l. Yoga Day World Music Day	22	23 Yoga 9:00am
24	25 Courts Closed to the public.	26	27	28	29 Courts Closed to the public.	30 Yoga 9:00am

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

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

AI CHI

This month we would like to feature Ai Chi. It is a warm water class that meets every Thursday morning at 8:00 with instructor, Carmen Hawkins. Those who participate absolutely love it and come faithfully every week! Below is a description of the class written by Carmen. Please read and consider joining her class. You will be so happy you did!

Ai Chi is an aquatic exercise and relaxation class that is performed using deep breathing and a combination of slow, broad movements of the arms, legs, and abdomen. This class is done in the warm water pool and is a great supplement to any exercise program. Ai Chi benefits both your mind and your body. With regular Ai Chi practice, you can benefit from improved balance, range of motion, flexibility and improved relaxation and stress relief.

Come give the class a try every Thursday morning at 8am.

We look forward to seeing you! - Carmen



“With regular Ai Chi practice, you can benefit from improved balance, range of motion, flexibility and improved relaxation and stress relief.”

SATURDAY YOGA








We had so much fun at last Saturday's yoga class. These ladies left refreshed and ready to face anything the day had in store for them. There is still plenty of room so be sure to join us this Saturday at 9:00am.

CCRC Members: \$3

Non-Members: \$6

HEALTH DECADES

MEN'S HEALTH TIPS FOR ANY AGE

	20s <ul style="list-style-type: none"> • Get adequate sleep. • Eat a diet full of vitamins, minerals, and fiber, while being mindful of portion size. • Maintain an active lifestyle to help build a strong foundation for the rest of your life. • Be aware of what's in the supplements you are using. • Use sunscreen to avoid risks of skin cancer. 	
	30s <ul style="list-style-type: none"> • Schedule annual visits with your doctor for liver, kidney, sugar, and cholesterol screenings. • Continue to pay close attention to your diet. Following a strict diet can help balance out getting less physical activity as a result of increasing responsibilities at work and home. • Avoid falling into a sedentary lifestyle by getting sustained exercise. Chasing the kids around the yard isn't enough. 	
	40s <ul style="list-style-type: none"> • Talk with your healthcare provider about necessary tests and screenings. • Get plenty of fluids. • Continue to exercise. Aim to walk 2 miles a day at a brisk pace. • Focus on portion control. Get your Vitamin D through walks in the sun, leafy green vegetables, and drinking milk. 	
	50s <ul style="list-style-type: none"> • Schedule an appointment with your healthcare provider for routine screenings. • Maintain your diet and exercise regimens. • Avoid sugars and exercise moderation in alcohol consumption. • If your joints are beginning to bother you, consider changing up your workout routine. 	
	60s <ul style="list-style-type: none"> • Join new clubs or become more involved in organizations that interest you to help adjust to the life changes of this decade. • Keep up to date with doctors' visits and screenings. • Explore fitness options like Tai Chi, yoga, or other programs that focus on stretching. 	
	70+ <ul style="list-style-type: none"> • Stay safe and careful at home. • If living alone consider adopting a small pet. • Communicate with your primary care physician regarding all medications you take to manage side effects. 	

LIFELONG TIPS

- Exercise. While it's never too late to start moving, beginning a fitness plan at a young age can create helpful lifelong habits.
- Be mindful of your diet and watch portion size, especially with meats.
- Go to the doctor every year. Getting in the habit of regular screenings, tests, and health assessments can benefit you in the long run by catching any concerns before they develop into larger issues.

UPMC LIFE CHANGING MEDICINE

THE WORKOUT TO PREPARE YOU FOR FATHERHOOD

So, your baby is on the way and you are running in circle trying to get ready. In all the craziness don't forget to make time for working out in preparation for all those days and nights of lifting, carrying, chasing and teaching. Here is a fun workout plan that will help you stay on track and ready for anything your little one throws at you.

Workout for 0 – 12 months

- Baby bicep curls
- The night feed crunch
- Baby bear crawls

Workout for 1 – 2 years

- Toddler TRX
- Rescue squat lifts

Workout for 3 – 4 years

- Shoulder lifts
- Fantasy flying

Workout for 5 years +

- In it for the long run

Get all the details on this fun workout [HERE!](#)

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