



Central-Clemson
Recreation Center



March 2019

MARCHING INTO SPRING

SHAKE OFF THE WINTER WITH A NEW WORKOUT

Spring is almost here and daylight savings time is just around the corner. We know you are as excited as we are for warmer weather and more time in the sun. After all this rain we certainly need it. What will you do with your extra hours daylight, go for a hike, take your pup for a walk, go cycling? Whatever it is we can help you prepare to be your best self at it. Take a look at our fitness schedule for some ideas (we have new classes) or sign up for a fitness room orientation to make sure you are getting the most out of your gym time. And don't forget to get in a good swim!

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SPECIAL POINTS OF INTEREST

- Weight Room Orientation:
March 13th & 18th @ 10am
- Daylight Savings Begins
March 10th
- Noon Classes will now start
at 12:00pm

HAPPY SAINT PATRICKS DAY!

Saint Patrick's Day falls on Saturday, March 17th this year. This is a beloved holiday around the world, for obvious reasons, but before you throw on your greenest clothes and head out to celebrate consider this fact.

One beer, lager or cider = 50 minute jog

It depends on the brand, but these drinks can contain around 250 calories or 1,046 joules per drink. To put this in perspective, 250 calories is the same amount of energy found in a small block of chocolate.

To burn off a single beer you would need to do around 45 minutes of dancing, half an hour of cycling or an hour of moderate walking.

So, have a good time, responsibly, and we will see you all bright and early on Monday to work off those weekend calories.

Find more facts [HERE](#)

MARCH MUNCHIES



Spring is here and it is time to start your garden with those first fresh veggies. But, like all good things these take time. So, while you count the days till your spring garden is ready to harvest it is a great time to dig into that freezer and cans and use up last years goodies.

If you are anything like me by the end of each summer you have packed your freezer full of tomatoes, corn, peas, okra, and more.

What better way to clean your pantry than with a hearty vegetable soup, while it is still cool enough to enjoy soup. The great thing about vegetable soup is that you can really make it to taste. Add what you like and skip what you don't.

Here are just some of the vegetables you may want to add:

- Corn
- Onion
- Garlic

- carrots
- celery
- tomatoes
- green beans
- potatoes
- Peas
- Okra & More

March Munchies Continued...

For added flavor you will want to add

- Broth (vegetable, chicken or beef)
- 1 bay leaf
- Parsley
- thyme
- oregano
- freshly squeezed lemon juice
- Salt
- Pepper

Remember, veggie soup is all about making it your own so add your spices to taste or don't add if you prefer a simpler soup.



Now that you have all of your ingredients together it is time to get cooking! Once again, there really is no wrong way to cook vegetable soup, well almost no wrong way. Follow these general steps for sure success.

1. In a large pot, heat oil over medium heat.
2. Add in onion and garlic (chopped of course) and cook until onions are translucent

3. Add your celery and carrots and cook until carrots are slightly tender to the bite.

4. Add in potatoes, diced tomatoes, and green beans, peas and okra, along with any other veggies you think would go well.

5. Pour in your broth and additional water if needed.

6. Stir in oregano, basil, thyme, parsley, and bay leaf.

7. Bring to a boil.

8. Reduce heat and simmer covered until your veggies are cooked and it tastes great.

Taste the soup and season with salt, pepper, lemon juice, garlic powder and onion powder until the desired flavor is reached.

If you are the type of person who needs meat in your meal, no problem. Sauté some lean hamburger first and drain the grease. Then sauté your onions, garlic, etc. with the hamburger. If you are adding meat, I recommend you use beef broth to accent the flavor.

Happy cooking and enjoy a bowl for us!

NICKIE'S QUICK TIPS

Burn Fat & Build Muscle

This month's Quick Tips focus on building muscle and torching fat. Listed below are six strategies to help tone and stay fit.

1. **Get moving early.** You can blast up to 20 percent more body fat by exercising in the morning. The key: Eat breakfast after your workout, research in the British Journal of Nutrition suggests. "Your body has less glycogen (a.k.a. energy) from carbs if you don't eat, so it will have no choice but to turn to fat."
2. **Sleep more.** Aim for at least seven hours a night. Less than that keeps your levels of the stress hormone cortisol elevated. Cortisol can slow muscle growth. It may also cause the body to hold onto fat.
3. **Follow the 1:3 rule.** One hour, three times a week. People who stick to this workout schedule tend to have a lower risk of heart disease along with lower levels of fat found in their bloodstream. These individuals tend to also have smaller waist lines.
4. **Push harder.** The best way to build lean muscle mass is by lifting weights or doing bodyweight exercises until you're tapped out. This is the point where you physically can't do it any more and all your muscle fibers get the signal that they need to grow. It could be five reps with a heavy weight or 15 reps with a lighter weight. And don't worry about
5. **bulking up:** Women are naturally less muscular than men.
6. **But take it easy sometimes too.** Change your routine to let your muscles rest. Switching from moderate- to high-intensity workouts gives your body different challenges to adapt to and prevents overtraining.
7. **Snack smart post-exercise.** Eat a combo of carbs and protein within two hours of your workout. The carbs replenish glycogen stores, while the amino acids from the protein help repair wear-and-tear on your muscles so you're stronger the next time you exercise. (Examples include a smoothie with a scoop of protein powder (go for 20 to 40 grams), a quarter-cup of oats, and a banana, or tuna fish on whole grain toast.)



Nickie Mueller
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March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Youth Basketball will take up both courts starting at 5:30 on weekdays.		1 Courts Closed for Basketball Tournament	2 Courts Closed for Basketball Tournament Dr. Seuss's Birthday
3 World Wildlife Day	4	5 Mardi Gras	6 Ash Wednesday	7	8 Courts Closed for Basketball Tournament Int'l. Women's Day	9 Courts Closed for Basketball Tournament
10 Daylight Savings Begins	11	12	13 National K9 Veterans Day	14 Pi Day	15	16 Courts Closed for Basketball Event
17 Courts Closed for Basketball Event Saint Patrick's Day	18	19	20 First Day of Spring! International Day of Happiness	21 Int'l. Day of Forests Purim	22 World Water Day	23 National Puppy Day
24	25	26	27	28 Major League Baseball Opening Day	29	30 Earth Hour
31	See a more detailed schedule of CCRC events and happening at our website or follow these links: POOL SCHEDULE EVENTS SCHEDULE FITNESS SCHEDULE					

Weight room Orientations

March 13th, 10am

March 18th, 10am

Are you not sure how machines in our upstairs weight room work or how to set up a machine to use it? One of our personal trainers can provide you with a walk-through of the weight room to give you a better understanding of the setup and how to properly position yourself on our machines. The orientation will not provide an exercise plan for you. If you are interested in obtaining a personalized work out plan, please contact our personal training coordinator, Nickie Mueller:

nickiemccrc@outlook.com

FAQ's:

WHO can participate in group weight room orientations? Any member of the CCRC, new or current.

WHEN are group weight room orientations? Usually orientations are set up for twice a month, sometimes less during slow seasons.

HOW do I sign up? Sign up at the front desk next time you're in or call the front desk 864-639-1111.

CAN I just show up the day of an orientation? No, you must sign up in advance to ensure there is enough space. We prefer a **maximum of 5** members per orientation.

DOES the orientation include the pool or aerobics room? Unfortunately, no. Orientation are only to familiarize members with the weight room. But we may be able to answer any questions you may have about the pool, fitness classes, childcare, etc., and if we cannot, we can put you in touch with someone who can help you.

WHO gives the orientation? One of our nationally certified personal trainers will help you get to know our equipment and answer any questions you may have.

HOW MUCH does it cost? This is a **FREE** service we offer to our members. We want you to get the most out of your membership.



Mid-day classes will now start at 12pm, NOT 12:10pm

MARCH INTO FITNESS

Sleek physique or buff and tough! Whatever you dream to be can be achieved through weight training and cardio exercises, both of which we offer in our fitness and water fitness classes! Spring is right around the corner so don't put off working towards your summertime goals! Whether it's preparing for hiking up mountain peaks, kayaking in cool waters, biking along mountain parkways or just wanting to be more confident on the beach, we are here to help! We have everything from HIIT (High Intensity Interval Training) to Yoga and water aerobics. Take a look at our class schedule, choose classes that most appeal to you and come on in! We'll be waiting on ya!



Instructor, Trai Murphy, will be on maternity leave for about 6 weeks. Her due date is coming up very soon! She and her family will be welcoming a precious baby boy! Best wishes, Trai!

March Into Fitness Continued...

In Trai's absence, the following instructors will be leading her classes until she returns in mid to late April:

Wednesday's 5:30 PM Tabata – Marjorie Yaksich

Wednesday's 6:20 PM Ride – Betsy Cook

Friday's 12:00 PM Get Ripped & Ride - Laura Miller

Thanks to all who have committed to serve in this capacity!

TAKE NOTE!

Mid-day classes: Beginning March 4th all 12:10 PM classes will be moved up to 12:00 PM.

Thursday's 8:00 AM TRX: Pam Jennings will be leading the 1st and 3rd weeks of the month and Kellie Williams will lead the 2nd and 4th weeks. We will also be mixing things up a bit in order to add more variety to your workout. We are very pleased to announce that Marjorie Conrad will be TRX certified as of the first week of March and will be a welcome substitute instructor! Congratulations, Marjorie!

Thursday's noon Core Combat: Kellie Williams will instruct Core Combat every 1st and 3rd weeks and Pam Jennings will lead every 2nd and 4th weeks.



See you soon!
Best of health,
Pam Jennings, Fitness Classes Coordinator

SPRING BREAK, LOOKING AHEAD

Spring break for Pickens County will be April 15th–19th. Please keep in mind that there will be NO FITNESS OR WATER FITNESS CLASSES during this week.

AQUATICS COORDINATOR

We would like to welcome our newest team member to the CCRC family, Kendall Paulsen. She will be starting as our new aquatics coordinator so be sure to say hi when you see her.



Kendall recently moved to Clemson from Phoenix, Arizona. Her passion for swimming started at a young age when she joined her summer league team at the local country club. She then began swimming competitively and continued through high school. Throughout high school and college she has coached swim teams, led private and group lessons, ran summer camps, and lifeguarded. She enjoys helping children and adults learn the fundamentals of swimming, and helping them improve their stroke and technique. She believes swimming, and learning to swim, should be fun and

enjoyable, and she looks forward to sharing her knowledge and passion for swimming with others. She has a BA in Elementary Education, and an MS in Business from Arizona State University, as well as a BA in Speech Pathology from Utah State University.

CCRC AFTER SCHOOL CARE

What have the kids of CCRC ASC been up to you ask, well a lot! We have built bird sanctuaries, gone swimming, took Kuk Sool Won classes, built forts, said I love you with handmade art, explored the world of tooth health, danced our hearts out and played, a lot! Check these and more adventures on our Facebook page.



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