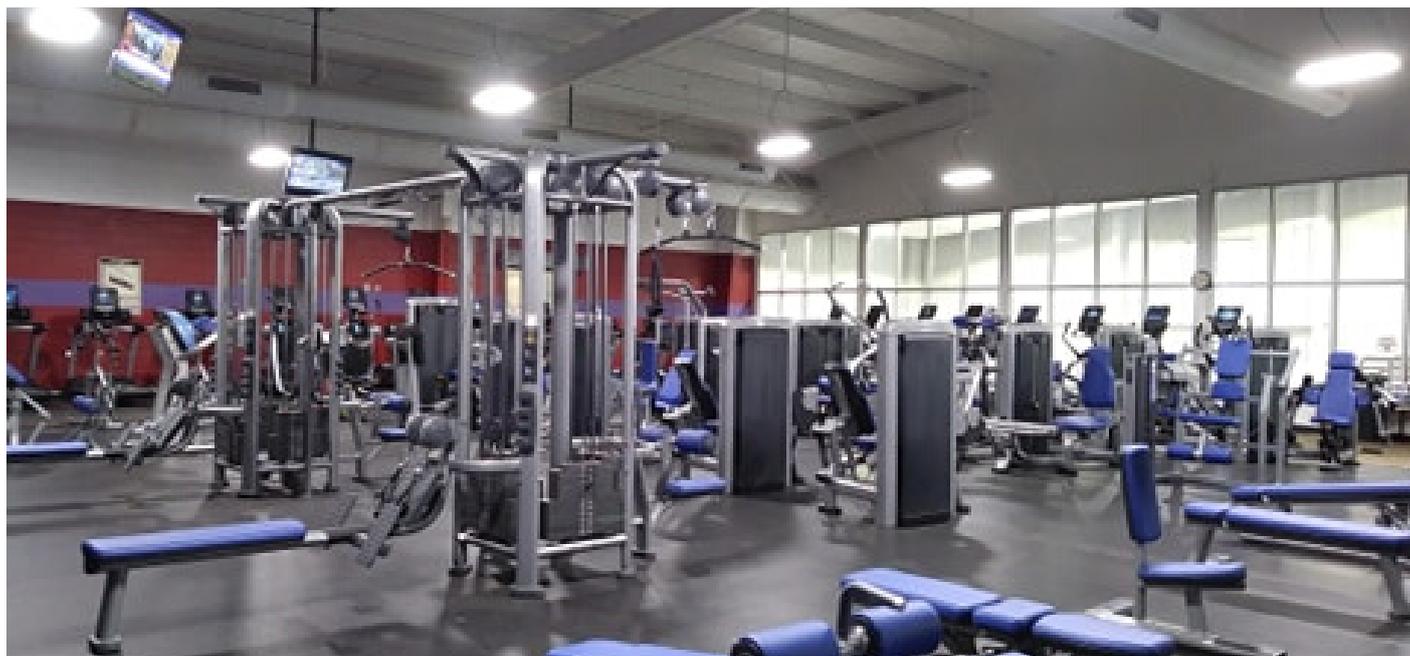


CENTRAL-CLEMSON

Recreation Center



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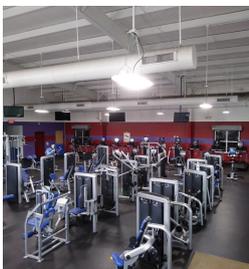
RECIPES....7

THINKING OF YOU

We hope you are all doing well, staying active, healthy and enjoying time at home with your loved ones. We know you are eager to get back in the gym and we are too. But for now we do not have a date for reopening. We are continuing to monitor the situation and will let you all know as soon as we have any updates. In the meantime, we are staying busy by getting CCRC in tip top shape for your return. We are also completing and starting some of our planned updates. Read on for more news of what we have been working on and more.

We are still hard at work for you!

With all that is going on, we are still working hard to complete the planned updates. We recently completed repairs on the men's and women's showers. They are ready and waiting for everyone's return with improved drainage and stylish slip free surfaces! We have also begun construction on the long awaited third basketball court. This much needed addition is scheduled to be completed by the end of summer 2020. We will keep you all updated as progress is made and look forward to everyone being able to enjoy it for themselves.



MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Cinco De Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31						

Be sure to check out page 6 for some great Mother's Day gift ideas.

9 EXERCISES FOR STRESS RELIEF



Do stressful days have you reaching for a pint of ice cream? If so, you're giving your body a double whammy of bad. Start exercising instead; it's a powerful stress reliever. Chronic tension can be the culprit behind both long-term conditions (depression, heart disease, type 2 diabetes, high blood pressure) and everyday health woes (headaches, back pain, insomnia, upset stomach, anxiety, anger). Stress isn't gender-neutral either. Research shows that women experience it more acutely than men and we're more susceptible to the physiological effects of chronic stress. But crashing on your sofa isn't the answer. Sweat it out instead. "The human body isn't designed to sit all day," says Jeff Migdow, M.D., an integrative physician in Lenox, Mass. Just getting up and moving around is a powerful way to reduce stress, he says. "It allows our muscles to move, encourages blood to flow and helps us feel more like ourselves." Exercise also gets us breathing deeper, which triggers the body's relaxation response. But some exercises are more helpful than others when it comes to stress reduction. Migdow says. "Pursue activities that encourage the mind and the body to work together." Here are some stress-busting ways to exercise:

1. Yoga: Yoga postures are a form of strength training, making you more resilient and flexible, which in turn relieves physical tension. It also uses deep breathing, which triggers the body's relaxation response. Studies have shown that yoga reduces blood pressure too. But perhaps yoga's biggest benefit is the mental focus it promotes. Focus is key to stress management.

2. Tai Chi: Derived from an ancient Chinese martial art, tai chi links physical movement to the breath. Often called "meditation in motion," tai chi promotes a focus on the present - a mental absorption in which everyday worries fall away. Tai chi also increases flexibility and boosts energy, which result in an improved sense of well-being. Other benefits include better balance, more restful sleep and increased cardiovascular fitness.

3. Qigong: Similar to tai chi, qigong is considered one of the cornerstones of Chinese medicine, along with acupuncture and herbs. Practicing qigong regularly can promote feelings of serenity, improve sleep and digestion, and increase energy.

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9 EXERCISES FOR STRESS RELIEF CONTINUED...



4. Walking: It's easy to do and requires no classes or special equipment. Walking frequently can reduce the incidence of many of the stress-related conditions, including cardiovascular disease, high blood pressure and cholesterol, and type 2 diabetes. People with regular walking regimens also report reduced stress levels and a self-confidence that comes from taking an active role in their well-being.

5. Gardening: Gardening is actually a low-impact workout. Weeding alone can burn 200 calories an hour, and more strenuous activities, such as hauling bags of dirt or raking, can shed up to 600 calories an hour. But gardening has the stress-busting bonus of putting you in contact with the earth, which refreshes your spirit.

6. Dancing: Dancing has many physical, mental and even emotional benefits. It's a great workout that improves grace and agility as it raises your heart rate. And researchers have found that people who ballroom dance twice a week have less risk of developing dementia, perhaps because learning new steps challenges your brain too.

7. Circuit Training: Circuit training alternates weight-training moves with cardio, with short rests in between. The result is a high-intensity workout that offers the same benefits of longer exercise sessions in less time (30 minutes or less). It's short, sweet and pumps up your body's endorphin level, which improves your mood. Better yet, you don't have to stress about finding lots of time to fit a workout in.

8. Pilates: Pilates is a series of exercises that emphasizes body awareness, core strength and proper alignment. Like yoga, the mental concentration required for Pilates "zaps you into the moment, leaving little mental space for worrying," Barrett says. Finally, Pilates is known for reducing back and neck pain, another side effect of stress.

9. Tennis: A great cardio workout, tennis can prevent many stress-related conditions, such as high blood pressure and heart disease. And because you can't play tennis alone, the sport keeps you connected to others – a key component of stress reduction.

Read the full article [HERE!](#)



MOTHERS DAY GIFT IDEAS

HELP HER TAKE IT EASY

So mom has now been quarantined in the house for over a month. Maybe she is alone and feeling a bit isolated or in a house full of kids and going a little bonkers. Either way, it is time for her to enjoy some much earned relaxation. This year our gift suggestions are focused on helping mom decompress during these crazy times.

Meal Delivery - Take the worry out of dinner. Sign mom up for a meal delivery service, just make sure she is not the one having to cook it every night. Here are [10 GREAT OPTIONS](#), so pick the one that fits your mom best and get cooking!

Tea Time - Nothing relaxes you like a warm cup of tea. Let her mom her favorites with this [TEA GIFT BOX](#) and don't forget her handmade personalized mug.

The Joy of Reading - For your bookworms, how about [THE BOOK OF THE MONTH](#)? For a book lover, nothing is more relaxing that curling up with a good book!

The Gift of Gardening - For your beginner gardeners try this [INDOOR HERB GARDEN](#). For the more advanced gardener how about this [HEIRLOOM SEED BANK](#).

Spa Time - Lastly, for those mom's who love to be pampered, try this [SPA IN A BOX](#). Sure, going out to a spa may not be an option, but that does not mean mom can't get a much deserved spa day!

SOMETHING SMELLS GOOD!



This month we are turning to the sea for our recipes inspirations.

First up is Cinco De Mayo. Get in the spirit with a tasty fish Taco.

Ingredients

2 Tbsp vegetable oil
1 1/2 Tbsp fresh lime juice
1 garlic clove, minced
1 1/2 tsp chili powder
1/2 tsp ground cumin
1/2 tsp ground paprika
1/8 tsp cayenne pepper
Salt and freshly ground black pepper
1 lb tilapia*, cod, or mahi mahi
8 corn tortillas
2 cups shredded purple cabbage
1 avocado
3 Tbsp chopped cilantro leaves
1/3 cup Cotija cheese (optional)
Fish Taco Sauce
1/4 cup sour cream
3 Tbsp mayonnaise
1 Tbsp fresh lime juice
1/4 tsp garlic powder

Instructions

In a mixing bowl whisk together vegetable oil, lime juice, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about 3/4 tsp salt 1/4 tsp pepper). Place fish into a dish or gallon size resealable bag and pour marinade over fish (if using a bag seal bag and gently move bag around to evenly coat fish with marinade), allow to marinate in mixture 20 minutes (and no longer than 30 minutes). Preheat oven to 400 degrees. Line a baking sheet with parchment paper or spray with non-stick cooking spray. Place fish on prepared baking sheet. Bake until cooked through, about 10 - 15 minutes (fish should flake easily with a fork).

While the fish is cooking whisk together sour cream, mayonnaise, lime juice, and garlic powder in a small bowl. Season with salt to taste.

Break the fish into pieces, layer over warm tortillas. Top with cabbage, avocado, cilantro, cheese (if using), and fish taco sauce.

Find the [FULL RECIPE HERE.](#)

For Memorial day we are still grilling but forget the heavy beef. We have set our taste buds on grilled Salmon Skewers.

Ingredients

1.5 lbs salmon fillets cut into 1-inch squares
2 large lemons thinly sliced
16 10-inch bamboo skewers

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RECIPES CONTINUED...

2 Tbsp parsley freshly chopped
2 large or 3 small garlic cloves pressed
1/2 Tbsp Dijon mustard we used grey poupon
1/2 tsp salt
1/8 tsp ground black pepper
2 Tbsp light olive oil not extra virgin
2 Tbsp of fresh lemon juice

Instructions

Soak bamboo skewers at least 1 hour to keep them from catching fire. Preheat Grill to medium heat (about 375°F). In a medium bowl, stir together all of the marinade ingredients: 2 Tbsp chopped parsley, 2 pressed garlic cloves, 1/2 Tbsp dijon, 1/2 tsp salt, 1/8 tsp pepper, 2 Tbsp olive oil, 2 Tbsp lemon juice. Double skewer the salmon and lemon slices folded in half intermittently onto two skewers at a time (The double skewer aids in turning the salmon kebobs on the grill). Brush both sides of skewered salmon with marinade. Oil the grates then carefully place salmon skewers onto the hot BBQ. Grill kebobs for 3-4 minutes per side or until salmon is cooked through and opaque.

Find the full recipe [HERE!](#)

For desert try these [MINI BERRY STAR PIE.](#)



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