

Ho Ho Ho!

DECEMBER 2016

CCRC NEWSFLASH

HOLIDAY HOURS

December 23rd
—CLOSED at
5:00pm

December 24th
& 25th—
CLOSED ALL
DAY

January 1st—
CLOSED ALL
DAY

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Try It Before You Buy It!

**GET A FREE
1 WEEK PASS**
BE FIT. BE STRONG. BE BETTER.

DECEMBER 12th—18th

- No Money Down
- No Commitment
- Full Access
Weight Room, Fitness Classes, Water
Fitness Classes, Swimming Pools and
Basketball - IT'S ALL INCLUDED



** Only valid for non-members * Yoga is \$3 per class * You must be 15 years or older and present a valid ID to use the facility without a parent or guardian present.*

January Joining Special

Join in January and pay
NO JOINING FEE!
That's a \$50 SAVINGS.

** Offer only valid January 1—31 2016 * This deal only affects year bank draft memberships*

** The prorated first month must still be paid at registration for year bank draft memberships*

Youth Basketball

Youth Basketball season is here.

Members

This means the parking lot will be extra busy most evenings and some weekends. There is additional parking at the childcare center.

Participants

Unless you are a member or purchase a day pass, you may only use the facility during team scheduled practice times.

All children must be 15 years or older to be in the facility unattended.



“for
breakfast try a
yogurt parfait
* Start with
plain or Greek
yogurt and
top it with
granola and
fruit”

Holiday Eating Gone Right!

Holidays are notorious for busy schedules and bad eating habits. By the time they are over you are exhausted and several pounds heavier.

Rather than grabbing that candy bar at the gas station, the left over pizza in the fridge, or that fast food burger when you are just too starving to wait, try

some of these healthy alternatives. Keeping these good choices on you, be it in the car or at the house, will help you avoid making those bad choices.



TRAIL MIX

When you toss mixed nuts together with dried fruit (and even bits of dark chocolate), you’ve got an easy-to-tote snack—and one of Taub-Dix’s top recommendations. Experiment with these trail mix recipes and see which one provides the tastiest, longest-lasting boost.

NO-BAKE ENERGY BITES

Take your pick from nostalgic peanut butter and jelly, gourmet cranberry pistachio, and treat-yo’self sugar cookie (for real!). In any flavor, these balls filled with goodness will snap

you out of the worst slow-mo moment.

BERRIES

A fiber-ful snack that actually tastes good, berries of any type are amazing on their own or combined with one of the nuts on this list for some protein and fat.

See the full list of great snacks at:

<http://greatist.com/eat/portable-energy-boosting-snacks>

The City of Clemson
Parks and Recreation
Cordially invites you to our
**2016 SENIOR
HOLIDAY
LUNCHEON**

Wednesday, December 14th, 2016

11:00am-1:00pm

City Hall Community Room (Clemson)

Everyone is invited- ages 55 and up

Attendance fee of \$5.00

Please be sure to bring a fun gift (value under \$10.00) to swap with someone in our gift exchange!

Please RSVP by December 12th, 2016 to Lindsey Watley at (864) 634-6886 or lwatley@cityofclemson.org.

You may register online @ <https://goo.gl/forms/I2Hq8jYQUZBbtbm92> or return the back of this form to Nettles Park offices Monday-Friday 8am-4pm.



Beat Those Winter Blues



**Derick Forrester—
Personal Trainer,
Basketball Coach and
Counselor**

The holiday season can bring many things. Most are positive, bringing with them enjoyment, laughter, and delight; but unfortunately this time of year also leaves some of us feeling down, and even depressed. For many who deal with depression, these colder months with dropping temperatures and fewer daylight hours are difficult to be excited about, despite the numerous reasons most have to celebrate.

Having played and coached basketball for over 30 years, the end of daylight savings time has always signified the beginning of my favorite sports season, and has ex-

cited me for decades. Yet, as I get older, I have to admit that even I do not look forward as much to the colder weather and the earlier evenings. I find myself feeling less energetic, less willing to exercise, and putting on that extra layer of fat that I work to keep off during the rest of the year.

Now, don't begin to think that I'm becoming a Scrooge or anything, or that I'm casting gloom over the magic of the Holidays – quite the opposite. We must first be honest about how we change for the worse before we can change for the better.

So, the good news.

There is an overwhelming amount of research evidence which shows that consistent exercise battles depression in various ways, such as increased feelings of self-control and competency, more positive social interaction, and improved self-

esteem. Added to that are physical changes like enhanced brain function, reduced muscle tension, and even positive changes in brain chemistry. The beneficial effects of exercise on the body are well-known, but as we learn more, the same type of benefits are being clearly shown for the spirit and mind as well.

So, enjoy the food, fellowship, and fun of the Holidays, but don't let your good habits of exercise fall by the wayside, only to put undue pressure on yourself later with a New Year's resolution to "get back in shape". Keep up your activity through this season, and encourage those who may struggle during this time to come with you. They, and you, are likely to find strength, enjoyment, and a lifestyle change that benefits you long after the winter cold has blown through.

Personal Training



Student Special

JANUARY SAVINGS

During the months of January and February
BUY 4 Personal Training SESSIONS
and get the 5th **FREE!**

*Limit one per person * Free session will be of equal or lesser value to the least expensive session bought * Members only*

Purchase a Student Membership and receive 15% off your first personal training package.

*Packages are 4 or more sessions
Only valid the Month of January*



1 WEEK FREE

**TRY IT
BEFORE YOU
BUY IT**

Everything Included

(Weight Room, Classes, Pools, Basketball)

& Everyone Welcome

DECEMBER 12TH—18TH

*CENTRAL-CLEMSON
RECREATION CENTER*



Give the Gift of Fitness



Looking for a special gift for your fitness loving friend or family member? How about a personal training gift certificate to help boost them to

the next fitness level? Helping our clients reach their goals is our passion. Contact the personal training coordinator Courtney Griffin for more info! Courtneya225@aim.com or 864-360-0044

Fitness Marathon

First, thanks to all who participated in the fitness marathon and donated funds to JDRF (Juvenile Diabetes Research Foundation)! Donations totaled \$330.00! Also, we extend a great, big thank you to all 10 instructors who volunteered their time in leading various workouts! It was a great time had by all!



"We raised \$330.00 this year, lets go for double next year"

— Pam Jennings

Life Line Screening Event

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? Do you have a poor diet? If you answer "yes" to any of these questions, you may want to consider being screened through the services of Life Line Screening. Life Line Screening uses ultrasound

technology to view the plaque build up in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are pleased to host this Life Line Screening event on 1/6/2017 at Central-Clemson Recreation Center. Register for a Wellness Package which includes 4 vas-

lar tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call [1-888-653-6441](tel:1-888-653-6441) or visit www.lifelinescreening.com/community-partners.**

CCRC Fitness

December Fitness Classes Newsletter



*Pam Jennings,
Fitness Classes Coordinator and
Supervisor*

Hard to believe it's December! It has been a great year! Some land and water classes are bursting at the seams and others are growing rapidly. During 2016, our schedule was revised to include two HIIT classes and one 8:00 AM TRX class. Also, Laura Henry began leading Sports Stretch on Tuesday evenings which has proven beneficial to all of us who need a great stretch each week. Other classes have maintained

their popularity and are trucking right along. In order to accommodate our growing numbers, our director, Pete Becker, has not only provided us with some versatile resistance bands, but has also purchased additional TRX's for a total of 10! How about a big fist pump to Pete!

Welcome To The Family

We are excited to announce that Nicole Durie has been added to our fitness staff and Linda Kolfer and Lauren George will be joining us in January, 2017. They are fantastic instructors! No doubt, you will enjoy getting to know them and experienc-



ing their expertise and teaching styles.

Expect to see two new classes added to our schedule in January. CCRC is excited to inform you that Carmen Hawkins will be returning to lead Ai Chi in the warm pool on Thursday mornings at 8:00 AM. Also, Lauren George has agreed to take on a HIIT class on Wednesdays at 10:30 AM in the gym.

Holiday Schedule

Classes are canceled Wednesday, 12/23/16 – Tuesday, 1/3/17. However, stay tuned for announcements regarding possible specialty classes being offered Tuesday, 12/27 and Wednesday, 12/28.

Happy Holidays!

*“ Ai-Chi
will be back
with
Carmen
Hawkins
in January”*

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