



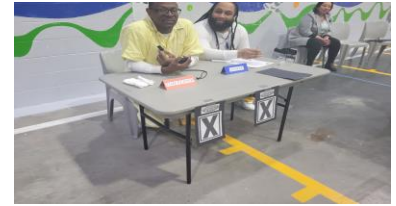
REC NEWSLETTER

Putting Essex County First

Joseph N. DiVincenzo Jr., Essex County Executive
The Board of County Commissioners
The Department of Corrections

ESSEX COUNTY CORRECTIONAL FACILITY ISSUE No. 2 Feb. 2023
Recreation Department

THE COVER STORY- FAMILY FEUD FINALE!!



ALL KING'S MEN WINS!!

Family Feud at the E. C. C. F. was a classic with the two final teams facing off in an epic battle of wits and strategy. When the dust settled, team "All King's Men" led by their captain Kasim emerged the winners claiming the big prize from second place finishers team "The Bus Boys". Congrats to all the participants. Well done.

You want that six pack?Try these exercises



*Elbow Planks- 2 mins
3 sets*



*Mountain Climbers
3 sets x 20 reps*



*Knees to Elbows
3 sets x 25 reps*

At first, they'll ask you **why** you're doing it. Later, they'll ask you **how** you did it.

Remember that guy that gave up? Neither does anybody else.



Daily exercise is important in achieving well-toned and defined abs. However, what you eat is even more critical in getting that much desired look. Eat healthy and nutritious foods high in protein and essential nutrients consistently and stay focused on your goals.

JOKE OF THE DAY

I'm no wildlife expert, but I think this monkey might be drunk.



HEALTHY LIVING



You've had your laugh, now let's get serious. Obviously, the monkey is about to make a bad decision that could and possibly will cost him his life. You don't have to make that same decision. Make the right choice today and begin your journey to a more healthy way of living and for a long productive life. In the end, you could have the last laugh after all. Stay positive, the journey on the road to great health is not easy but with commitment and determination, it can be achieved.

UPCOMING ACTIVITIES ... AKA... WHAT'S HAP'NIN' SO GET READY & STAY READY

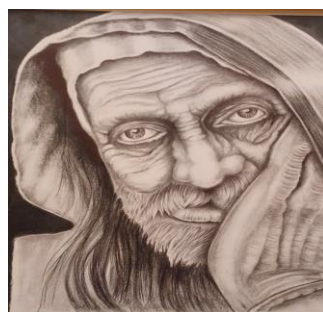
E. C. F. 2023 BASKETBALL TOURNAMENT - COMING IN MARCH



MORE FROM THE 2022 ART COMPETITION.....2nd AND 3rd PLACE



Oscar Flores- "Portrait"



Oscar Flores- "Reflections"



Javan Johnson- "Reflections"

FITNESS & NUTRITION TIP - (BODY BY BRUTUS)

Do not skip meals! Eat 3-5 meals per day from a combination of the food groups but control your portion sizes..... **Brutus Says So!!!!**

QUIZ TIME

Solve the brainteaser.....There is a coffin, the mother of the person in the coffin is the mother-in-law of your mother. Who is the person in the coffin? _____