

NEWSLETTER

Putting Essex County First

Joseph N. DiVincenzo Jr., Essex County Executive The Board of County Commissioners The Department of Corrections Ronald Charles, E. C. C. F. Director

ESSEX COUNTY CORRECTIONAL FACILITY

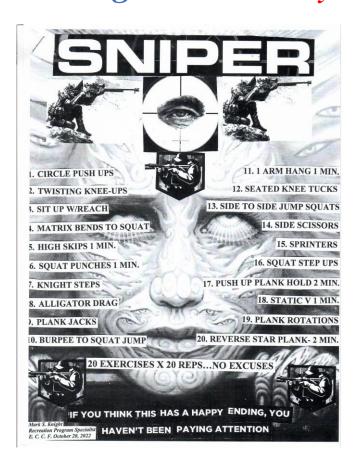
ISSUE No. 3 Mar, 2023

Recreation Department

THE COVER STORY-

The Ultimate Exercise Challenge ... You ready?





Are you ready for the challenge to take your body to the next level? It's not as easy as it looks but if you are, be warned. Let ROGUE and SNIPER be the masters of your fate in achieving that body you dreamt of. Be like Michelangelo and sculpt your body into a work of art, a masterpiece to be admired by all and envied by most. At first they will ask you why you did it, then they will ask you how you did it? HARD WORK, DEDICATION and DISCIPLINE is the answer, the only answer.....then... wait for the silence and the disbelief. But only you know what it takes- NO GUTS, NO GLORY.

JOKE OF THE DAY

HEALTHY LIVING

If your lawyer's pants look like this, you're going to jail.

I did not wake up like this...I put in work for this.







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

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E. C. C. F. 2023 ESSAY COMPETITION - COMING IN MARCH

FITNESS & NUTRITION TIP - (BODY BY BRUTUS)







Betty, your husband and your ex are outside fighting and disturbing your workout. I know you are trying to look cute and fit into that new outfit, so..... grrrrr.....which one should I bite?

STAY HYDRATED, DRINK WATER-*hydrates muscles * good for weight loss.



* prevents kidney damage *boost exercise performance.

OUIZ TIME

Solve the brainteaser.....A boy and a doctor were fishing. The boy is the doctor's son but the doctor is not the boy's father. Who is the doctor?

Only for the really smart...... If 1=5, 2=10, 3=15 and 4=20. What does 5 equal?
