



# REC NEWSLETTER

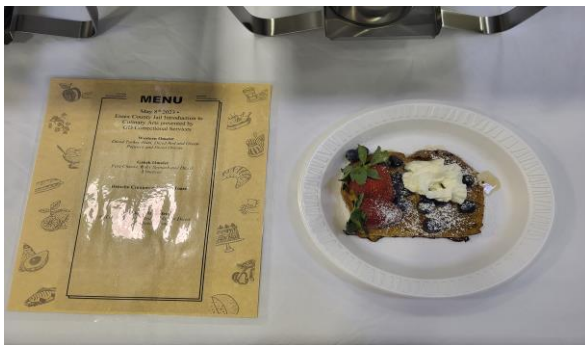
*Putting Essex County First*

Joseph N. DiVincenzo, Jr, Essex County Executive  
The Board of County Commissioners  
The Department of Corrections  
Ronald L. Charles, Director  
Regina Marrow, Deputy Director

**ESSEX COUNTY CORRECTIONAL FACILITY**  
Recreation Department

ISSUE No. 5, May 2023

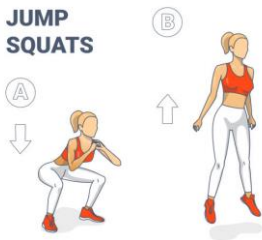
## **THE COVER STORY-** The Heat is on...Culinary Arts Program in full effect.



The E. C. C. F. Culinary Arts Program got off to a rousing start with ten students making the cut for this inaugural program. The students will undergo ten weeks of intensive training from culinary experts who will introduce them to a variety of menus and some of the latest trends in the food industry and the Culinary world. After completing their classroom training, students will receive their ServSafe certification, which is a lifelong certification. This will be followed by an intense cooking competition among the students....Stay tuned, see what's cooking as you "taste the flavor of Essex."

### **GOT WHEELS? Building the foundation for great legs.**

**JUMP SQUATS**



**Jump Squats**



**Lunges**



**Wall sit**



**Duck Walk**

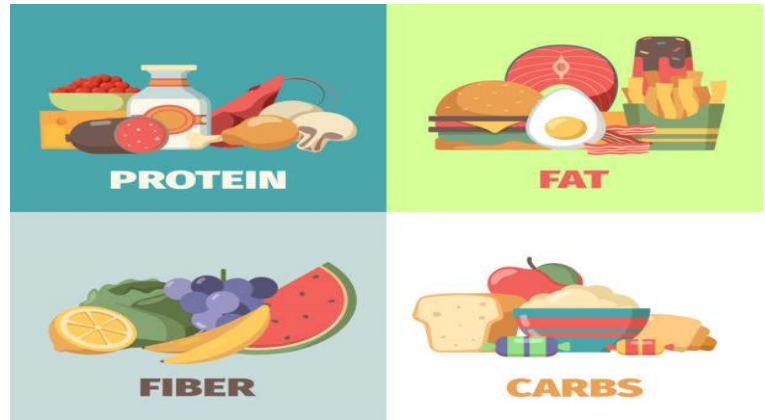
If you are looking to get beautifully sculpted legs without going to the gym, try these four exercises. Do 3 sets of each exercise at 12-15 reps and 2 minutes for the Wall Sit. Good Luck.

## JOKE OF THE DAY

When your human says eating too many treats is unhealthy, but you just watched her eat a half of a family size pack of Oreos.



## HEALTHY LIVING



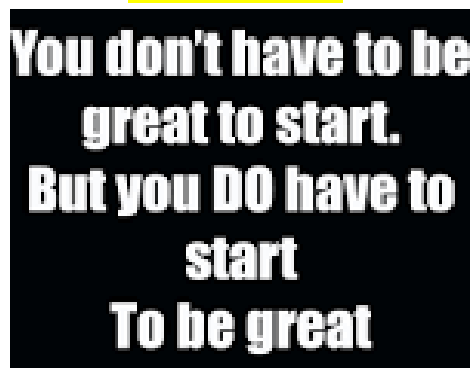
The old adage “Do as I say and not do as I do” will not matter to your dog Hazel as she has seen your contradictions to healthy eating and nutrition and she’s not impressed at all. Healthy eating and sticking religiously to a sound nutritional regimen can be very challenging for the average person. However, setting small goals at a time can eventually lead to achieving long term desired objectives. Don’t punish yourself; give yourself small but healthy treats at least once per week and you won’t feel the pressure of the regimen.....Eat healthy but remember to enjoy life.

UPCOMING ACTIVITIES ... AKA... WHAT'S HAP'NIN' SO GET READY & STAY READY  
**E. C. C. F. 2023 SPELLING BEE COMPETITION - COMING IN MAY**

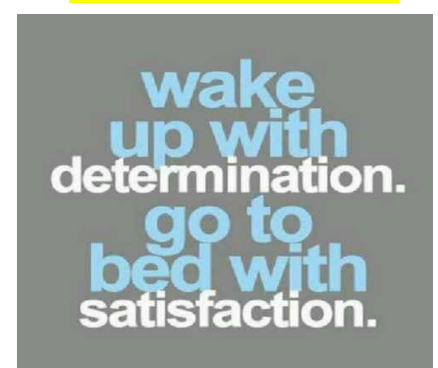
## FITNESS & NUTRITION TIP



## MOTIVATION



## (BODY BY BRUTUS)



## QUIZ TIME

Solve the brainteasers? PS: Only for the geniuses... work the gray matter!!!

1. I can be written, I can be spoken, I can be exposed and I can be broken. What am I? \_\_\_\_\_
2. I am a container without hinges, lock and key, yet a golden treasure lies inside of me. What am I? \_\_\_\_\_
3. What does the following word say? **TOI'MWN.** \_\_\_\_\_

Answers to last month's brainteasers 1. Counterfeit Money 2. You are the smartest in the room