

FITNESS CENTER

November 2018

JEFFERSON COMMUNITY



*Be Active
Be Healthy
Be A Better You*

HOURS:

Monday—Friday

5:00 a.m. to 9 p.m.

Saturday

7:30 a.m. to 5 p.m.

Sunday

1—5 p.m.

Phone: 402-729-6139

Website:

JCHhealthandlife.org



Health & Life

BURKLEY FITNESS CENTER

Fit For Life

A JCH&L Burkley Fitness Center Publication

Follow us on Twitter & Facebook

Vol. 22—Issue 11

NOVEMBER IS DIABETES AWARENESS MONTH

By Bekah Kimberlin PharmD

JCH&L Diabetes Educator

November is American Diabetes Month. I imagine that when you read the word “diabetes” you can think of a friend or family member who has the disease—or maybe you have diabetes. It is easy to think of someone affected by diabetes because 30 million Americans are living with some type of the disease. Now, while you are thinking of Uncle Jon or Grandma Sally who has had diabetes as long as you can remember, don’t be so sure that you are unaffected. Out of these 30 million people in the United States with diabetes, 1 in 4 of them do not know they have it.

For the remainder of this article, I’ll be referring to a specific type of diabetes called type 2 diabetes. This is the type of diabetes usually diagnosed in adults and often associated with insulin resistance. We won’t be discussing Type 1 diabetes, but this type of diabetes is usually diagnosed in children. Type 1 diabetes is an autoimmune disease that causes the person to make no insulin.

So, now that I have you wondering if you have diabetes, let’s talk about why someone might get diabetes. There are certain risk factors that can predispose someone to developing the disease. Some of these factors are things you can control — such as living a sedentary lifestyle, while others are completely out of your hands — like your family history, ethnicity, or age. Take a look at the Risk Assessment — available at the Burkley Fitness Center on paper or at <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/> — to see if you are at risk of developing type 2 diabetes. Prediabetes is a huge risk factor for diabetes and it is just what it sounds like. It is a precursor to diabetes. You may be told you have prediabetes when you have a lab test that indicates your blood glucose is higher than normal, but not quite indicative of diabetes.

The number one thing a person with prediabetes, or someone who has a high risk of developing diabetes, can do to prevent diabetes is beginning a healthy lifestyle. This includes eating nutritious food and exercising. It has been shown that people with prediabetes who have modest weight loss are less likely to develop diabetes. Exercise can be anything that gets your heartrate elevated. No one is asking you to sign up for the next marathon, but having a mix of aerobics, strength training, and flexibility work is important. Set your goal for 150 minutes of activity a week. Find activities you like to do and maybe even someone you enjoy exercising with so you can stick to it. Healthy eating does not have to be dramatic, either. Increase your fruits and vegetable and eat less fat. Decrease your empty calories that come from things like pop and snacking when you are bored. You don’t have to be perfect with exercise and healthy eating all the time, but little changes that you stick to consistently will make huge changes to your health.

November is diabetes month, but every single day is a great day to prevent diabetes. Talk to your health care provider, fitness center employee, or diabetes educator or dietitian about things you can do now to prevent diabetes. Watch for details to come about The Big Blue Test coming in November. It’s an opportunity for you to test your blood sugar before and after exercise and see how your blood sugar is affected.

BFC HOLIDAY HOURS

The Burkley Fitness Center will CLOSE at 5 p.m. on Wednesday, Nov. 21, and will be CLOSED Thanksgiving Day.



Hours for Friday, Nov. 23 will be 5 a.m. to 5 p.m.

HAVE A SAFE AND HAPPY HOLIDAY!

FALL CLASSES

Keep updated with all the current and new fall classes in the Burkley Fitness Center. Monthly class schedules are available at the front desk. You can also follow us on Facebook and Twitter. For this and more information go to jchealthandlife.org.

NOVEMBER IS ALSO NATIONAL VEGAN AWARENESS MONTH

It's vegan awareness month! So what exactly is veganism? Simply put, it's a type of vegetarian diet that excludes meat, eggs, poultry and all other animal-derived ingredients. Many vegans also do not eat foods that are processed using animal products, such as refined white sugar and some wines.

So what is the difference between a vegan and a vegetarian? A vegetarian diet is commonly understood to exclude meat and fish, but to allow both eggs and dairy. The word vegan takes this concept to the next level, cutting out every item of animal origin. Vegan refers to anything that's free of animal products: no meat, milk, eggs, wool, leather, honey and so forth. Your sandwich, your shampoo, and your car seats are examples of items that could be vegan.

Vegans eat many of the same common and familiar everyday foods that everyone else does, such as a green salad, spaghetti, peanut butter sandwiches, and chips and salsa. For example, foods such as a vegetarian burrito without cheese or sour cream would be vegan. A vegetarian Thai curry made from coconut milk is vegan. Pasta with tomato sauce or another non-meat and non-dairy sauce is vegan. Most bread (without milk) is vegan as well.

Studies show that eating a plant-based diet is linked with a lower risk for cancer, heart disease, and obesity-related illnesses.

Registered Dietitian Sharon Palmer, who has a nutrition blog at sharonpalmer.com, says "it's not an all or nothing approach — you don't have to be a total vegetarian to enjoy a plant-based diet. You just need to focus more of your plate on plants, and less on animal foods."

If you'd like to try something new, this pumpkin pie is vegan. Prepare it the day before your holiday meal.

Ingredients:

1 can (15 oz) pumpkin 3/4 c coconut full fat coconut milk 3/4 c brown sugar 1/4 c cornstarch
1/4 cup maple syrup 1 tsp vanilla extract 3 tsp pumpkin pie spice 1/2 tsp salt
1 unbaked vegan pie crust dairy free whipped coconut cream

Instructions: Preheat oven to 350 degrees.—Add all filling ingredients to a blender and blend until smooth.—Pour into unbaked pie crust.—Bake for 50-60 min.—Check after 50 min., if starting to brown, remove from oven, if not leave in for the full hour.—Pie will be wobbly in center when removed from oven. If will firm up when cooling. Allow to cool then place in frig to set completely—4 hrs or better yet, overnight. Serve with whipped topping.

DON'T OVEREAT THIS THANKSGIVING

It's Thanksgiving time and we're grateful for many things: delicious turkey, mashed potatoes and Grandma's apple pie, just to name a few. There are also several things we're not so grateful for — like the stomach ache, way-too-tight jeans, and the feeling of regret after overeating. We would never want anyone to miss out on all the Thanksgiving goodies, so we would like to offer a few tips on how to enjoy your favorite dishes without packing on the pounds.

Tip #1—Don't fast all day. If you don't eat all day long, you will be starving by the time the main meal is ready. This only means one thing: overeating! Instead of starving, drink plenty of water and eat a few low calorie appetizers until meal time.

Tip #2—Workout before the meal. A high intensity workout is best as it has a tendency to delay your hunger pangs for a while. At the very least, do your local turkey trot or go for a long walk so you won't feel too guilty about those second or third helpings

Tip #3—Eat dessert for breakfast. All those desserts are so tempting, but if you can put them off until the next morning, you will be doing yourself a huge favor. You can still enjoy Grandmas apple pie while having the whole day to burn off those calories.

Tip #4—Slow down. During your meal, try to take smaller bites, put your fork down between them, chew well, and savor your food. Taking longer to eat gives your brain time to process if you are full or not so you are less likely to overeat.

Tip #5—Use smaller plates. Portioning foods out onto small plates helps reduce not only food amount, but can trigger feelings of fullness with lesser amounts. Reducing plate size can reduce food consumption by up to 30 percent! Also, self-serving (preparing your own plate) is very effective in portion control.



My “ah-ha” Moment—by Jackie Wesch—CPT/BWC Supervisor

Last month, I had the pleasure of spending time with my 2 1/2 year old grandson. His limited television time was spent watching a cartoon called Stinky (a garbage truck) & Dirty (a bulldozer). In every episode, these two best buds had to solve a problem that was sure to arise. After throwing out several “what if” solutions, that were, of course, very non-realistic, the light bulb would eventually come on and they would have their “ah-ha” moment finally solving the problem. Watching this reminded me of one of my biggest fitness ah-ha moments ever.

Before the Burkley Fitness Center was built, I had my own workout equipment at home. I worked out daily and always at a high intensity, therefore I began dreading them instead of looking forward to them. I felt tired most of the time and stopped making any sort of gains—in weight lifting and in my running.

After the Fitness Center was built, I began working and didn’t have the same amount of time to workout as I did before. And something unexpected happened: I started feeling more energized and began making gains like never before! What changed? There it was, my ah-ha moment! I finally realized that I was over-training. The fatigue, the soreness, the lack of motivation were all sure signs of doing too much and not letting my body rest enough. With less time to workout and more time to recover, my body responded by getting stronger and my energy and motivation returned. It was a hard lesson that took it’s toll but it will forever stick with me.

I guess my thinking was if a little exercise is good for you, more must be better, right? It is, but only up to a certain point. When it comes to exercise volume, there is a “dose-response” relationship. This means that the more you work out, the more benefits you will achieve. But there is a tipping point beyond which the amount of exercise you perform can do more harm than good. This point can be reached either by too much exercise without enough recovery or by consistently under-fueling your body.

If you are one of those people that live for punishing workouts and grueling competitions (like I was) and you are finding yourself feeling overly fatigued or have chronic nagging injuries, it might be time to step back and rethink your work outs. A good approach is to follow a periodized training program that includes both active recovery and complete rest. Rest can be frustrating, but recognize that a day or two spent on the foam roller is better than a day or two stuck on the couch with an injury. Recovery today not only allows for a greater production tomorrow, but likely fewer missed training days over the next few months. Aren’t “ah-ha” moments great?



Did you know....?

The more you sweat doesn't mean you are burning more calories. Sweat is how your body cools itself down. It doesn't equate to calories burned.



GYM WIPE REMINDER

It's the beginning of cold and flu season so we would like to remind everyone to WIPE DOWN YOUR machine after using it with the supplied gym wipes. This will help control the spreading of germs. We appreciate your



Thumbs Up To Pu-erh Tea

Pu-erh is an aged, fermented tea that comes from the Yunnan province of China. It is unique because it's made from a natural fermentation process. This process oxidizes the plants' leaves, amplifying its antioxidants benefits. It also has anti-inflammatory properties and helps with digestion. When consumed about an hour after a meal, Pu-erh tea may even help with weight management. This tea has an earthy flavor that may take some time to get used to. But, it does come in many different flavors (chocolate is a user favorite) and it also contains caffeine, so consume it early in the day.



CHANGE SERVICE REQUESTED

Recipe of the Month: Pumpkin Baked French Toast

Good Morning Thanksgiving! Nothing says “Thanksgiving” like good old-fashioned pumpkin. This very healthy breakfast will start the holiday off right!

Ingredients:

3 1/2 c. cubed bread*	1/4 tsp salt	2 tsp cinnamon	1 tsp pumpkin pie spice
Sweetener of choice**	1 1/4 c milk of choice (may need more or less depending on bread)		
2 TB butter type spread of choice (optional)	2 tsp pure vanilla extract		
1 c MoriNu silken-firm tofu OR 1 c yogurt of choice	1/2 c canned pumpkin puree		

Instructions:

1. In a large bowl, combine all ingredients except bread, and stir well. If using the tofu, use a blender. Grease an 8x8 in. baking pan and pour the cubed bread into the pan. Cover evenly with the wet mixture, then cover the entire dish with a lid or Saran wrap and put in fridge overnight. The next morning, preheat oven to 400 F and cook about 30-35 min. Top with maple syrup or your topping of choice. If you opt to use the extra dry sweetener, you may choose to eat it plain.

*Ezekiel bread was used in this recipe but others will be fine. French bread would work well as would cinnamon-raisin. Remember-the healthier (less calories) the bread, the healthier and fewer overall calories.

**If you want to top the casserole with syrup post-baking, use 3 NuNaturals Stevia packs or 3 TB sugar. If you prefer a sweeter breakfast casserole that needs no topping, increase amount to 5-6 TB.