

FITNESS CENTER

February 2019

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

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February Is American Heart Month

Heart disease is the leading cause of death for both men and women in the United States. To prevent heart disease and increase awareness of its effects, Jefferson Community Health & Life is proudly participating in American Heart Month. JCH&L is one of the many sponsors for Go Red for Women, which raises funds for the American Heart Association. The very popular Queen of Hearts Celebrity Waiter Event will be held on Feb. 16. The event was sold out early, but donations of auction items and sponsorships are still welcome for the event.

The JCH&L Burkley Fitness Center will also be promoting Heart Month with a Get Heart Fit February challenge. This challenge will last the entire month of February and will be promoting healthy nutrition and exercise habits. Calendars can be picked up at the Fitness Center. Participants will receive prizes for completing various challenges.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To help lower your risk:

- Watch you weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and eat healthy

Take good health to heart. Your heart is in your hands.



One Millionth Visitor

Congratulations to Briaunna Knothe for being the Burkley Fitness Centers' Millionth visitor!

Briaunna and her family will receive a complimentary 3-month membership to the BFC, plus a special Millionth Visitor t-shirt! Thanks to everyone for supporting the BFC over the years.



Spin Class Update

The noon hour spin class will now be held on both Tuesdays and Thursdays at 12:15 p.m. The Thursday class replaces the Body Blenders class previously offered on Thursdays.



Don't Cover Your Cart—By Jackie Wesch—NSCA P.T./Precision Nutrition Cert./BFC Supervisor

There have been many times when I'm shopping in the grocery store, see someone I know, and approach them to say hi and just chit chat for awhile. I have found that many of these people will do just about anything to stop me from viewing what's in their cart. They usually have something that isn't on the "healthy" side lurking underneath the coat they just threw in and I guess, for whatever reason, they feel embarrassed about it when I come around. I find this rather entertaining as it's really none of my business what other people buy. I don't even monitor my own spouses' choices so why would I care what other adults throw in their shopping carts? And I'm guessing that if they want to hide the contents of their cart, they already know they haven't made very good choices. So, unless you're a current client that I'm training or one of my grandkids, it's not my concern what you buy or consume. I would never judge anyone by what I see in their grocery store shopping carts. People have the right to make their own choices.

With that being said, maybe there are a lot of you out there who still aren't sure what "good choices" are. I'm sure many of you are trying to settle into some sort of weight loss or getting fit routine, as this time of the year is usually when that happens. And each year, it gets more and more confusing as to which foods you should or shouldn't eat and which diet you should or shouldn't follow.

A diet is really your long-term eating choices. But often we use the word to mean a short-term restrictive weight reduction plan. If you need to put a name on your diet, there are numerous ones to pick from. Some are good, but in **my opinion**, most of the short-term restrictive fad diets are just plain bad for you. I'm going to pick the one diet (long-term eating plan) that I feel is the best and why, and one of the bad diets I think you should stay away from. Remember, these are MY OPINIONS only!

Best diet: The Mediterranean Diet. This is hands down the most complete diet out there. Essentially, it is about eating whole foods, including lots of fruits and veggies and limiting heavily processed foods and saturated fats. It replaces butter or margarine with healthy fats such as olive oil and it uses herbs and spices instead of salt to flavor foods. With this diet, red meat is limited to no more than a few times a month and eating fish and poultry at least twice a week. It's a diet that you can follow the rest of your life, which is, to me, the **ONLY** type of diet to be on.

Worst diet: The Keto Diet. This is a very low-carb, high fat diet that shares many similarities with the Atkins and other low carb diets. It involves drastically reducing carb intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis, which means you are burning fat for energy. Of course, there is more to it, but I'm not going to get into it any deeper than that. My argument is, if you have to give up an **ENTIRE FOOD GROUP**—especially carbs—you are setting yourself up to fail. It's just not sustainable and to me, not healthy. And it would be very difficult to stick with it for the rest of your life. So that's my two cents worth on the subject. We all have to make our own choices when it comes to what we eat so make good choices so you don't feel like you have to hide your shopping cart! And our Recipe of the Month on the back page features an easy Mediterranean dish. Check it out!



NEW TREADMILL COMING SOON

Thanks to Jefferson Community Health & Life's Christmas Mail Project and donations from many friends and supporters, the BFC has purchased a new Woodway treadmill. It will be arriving sometime in February. These treadmills are unique because of their Slat Belt Tracks that last longer and run smoother than other treadmill belts. With the snow outside, now is a great time to come indoors to the Fitness Center and try out our popular treadmills. The BFC staff is always ready to help you out if you are unfamiliar with the treadmills or any other piece of equipment in our facility.



Did you know....?

Lack of exercise now causes as many deaths as smoking. Too much sitting (and sleeping) can increase your chances of an early death. Be responsible for your health. Get up and get moving everyday!



When you're at the end of your rope—tie a knot and hang on!

MOVE OF THE MONTH—Push-up Row



HOW TO PERFORM:

1. Place a pair of dumbbells, slightly wider than shoulder width apart on the floor.
2. Set yourself in a push-up position with hands on dumbbells.
3. Lower your body to the floor, pause, then complete 1 push-up
4. Once you're back in the starting position, row the dumbbell on one side to the side of your chest by pulling it upwards.
5. Pause, then lower the dumbbell back down, and repeat the same movement with your other arm.

That is the completion of 1 rep.

This move works your chest, triceps, shoulders and core. Your hands are elevated on the dumbbells so you can do a deeper push-up which means a greater stretch of your muscles, leading to a greater concentric contraction. By keeping your body straight and not lifting your rear in the air, you are working on stabilizing your core muscles.

The Power Of Motion

What is motion and why is it so powerful? Motion is movement, and movement is physical activity for the human body. In other words, it's exercise. Exercise typically has three main components: cardiorespiratory, strength, and flexibility. Each one is part of the overall power equation to positively benefit your health and fitness. That's why we should try to include them all in our regular workout regimen. There truly is power in all types of motion to improve your well-being and health, regardless of the type, length or intensity. Yoga and stretching are just as powerful as a 30 minute HITT workout. Remember, some movement is always better than none!



The power of motion not only positively impacts the body, but also the mind, social well-being, outlook on life and self-perception. The more you consistently move, the greater the benefits.

Take a moment to reflect on your typical day and write down how many waking hours per day you move and how many hours you are sedentary. Then, think about how you could make greater use of your power and how you can add more movement to your day.



The human body works best when it's active. The more we ask of our bodies, the stronger and more fit they become. The more fit we are, the more efficient and effective we will function in all areas of life. And the more we put our bodies in motion, the better our minds will function. Imagine what could happen if we started converting sitting hours into moving hours each day. The power of motion has the potential to transform your life in incredible ways! Get in Motion today!



Thumbs Up To Pop Sugar Fitness Videos

If you're looking for fitness videos that have all sorts of variety, look no further than Pop Sugar Fitness Videos. These videos range anywhere from 20 minutes to hour long workouts. You can pick high- or low-impact, cardio, weights or a combination of just about everything. These videos are free and can be viewed on YouTube. Or go to www.popsugar.com and click on Fitness to view fitness articles and their latest videos. Videos are a great way to stay motivated, especially in the winter when working out can get pretty boring. At the BFC, you can access any video and workout on our aerobics floor!



CHANGE SERVICE REQUESTED

Recipe of the Month: Lemony Mediterranean Chicken

This Mediterranean dish is perfect for company. It's quick and easy but best of all, it's healthy for everyone!
Serve with a Mediterranean-style side salad for the perfect meal.

Ingredients:

1/4 cup olive oil	1/2 tsp pepper	2 TB fresh lemon juice
2 TB fresh lemon zest	3/4 tsp salt	4 skinless, boneless chicken breast halves
8 baby red potatoes, halved	1 TB dried oregano	4 large cloves garlic, pressed
1 red onion cut into 1" wedges	1 lemon, thinly sliced	1 red pepper cut into 1" wide strips

Instructions:

1. Preheat oven to 400 degrees
2. Combine olive oil, lemon juice, lemon zest, garlic, oregano, salt, and pepper in a bowl. Place chicken breasts into a 9 x 13 baking dish. Brush lemon juice mixture over chicken.
3. Place potatoes, red pepper strips, red onion, and lemon slices in a bowl, pour remaining lemon juice mixture over vegetables, and toss to coat. Arrange vegetables and lemon slices around chicken breasts in baking dish.
4. Bake in the preheated oven for 30 minutes; brush chicken and vegetables with pan drippings. Continue baking until chicken is browned, the juices run clear, and an instant-read meat thermometer inserted into the thickest part of a breast reads at least 160 degrees—about 30 more minutes.

