



# Fit For Life

A JCH&L Burkley Fitness Center Publication

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Vol. 23—Issue 8

**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

## AUGUST IS FAMILY FUN MONTH

It's Family Fun Month! If you've never celebrated this national holiday before, this is the perfect year to start. The summer is almost over but there is still plenty of time to plan family bonding activities that strengthen your connections—both with one another and with the world around you. Here are a few ideas to get your started.

- **Start a Family Recipe Book.** If your family doesn't have a family traditions recipe book, now is a great time to start putting one together. Kids love to add their favorite recipes and even come up with new ones.
- **Go Screen Free.** Unplug for one night a week. Your screen-free options are endless. Pull out the board games, star gaze, take a walk or all of the above. Whatever you do, do it without electronics and see what conversations emerge. When your kids are given the space to "say whatever," important discussions crop up naturally.
- **Honor Family Members Separately.** Designate a "day" for each family member. This approach gives your family a chance to focus on one member at a time—something that benefits everyone.

There are endless other ways to spend time together as a family—go for a bike ride, go fishing, hiking or boating. You know your family is worth celebrating, but often, life's busy pace gets in the way of fun. Make memories by setting aside some family bonding activities this month (or any month), and start a new tradition of celebrating Family Fun Month each year to come.



### POOL/SPA ANNUAL MAINTENANCE DATES

Our pool and spa annual maintenance for 2019 will begin at noon on Aug. 9.

Both the pool and spa will be CLOSED during the maintenance process.

Re-opening is scheduled for Aug. 26.

Updates will be posted on the white boards at the Fitness Center entrance and on Facebook and Twitter.

If you use our pool regularly and want to stay active during this time, feel free to try out our cardio and weight training equipment. Our staff will be happy to assist you in any way possible.

We appreciate your patience during our maintenance process.



## **Mindful Eating Benefits —By Jackie Wesch—Precision Nutrition Cert./BFC Supervisor**

If there's one thing I'm guilty of way too often, it's eating too fast. I know it's not good for my digestive tract as I've been having some "feeling bloated" issues lately. So I've decided to take on a 30 day challenge of Eating Slowly and if you are looking for something to help you lose weight, get rid of digestive issues or you just want to savor your food more, I invite you to join me.

Most diet challenges are all about **what** you can and can't eat. By eating mindfully and slowly I will be concentrating more on **how** I eat. Through my certification by Precision Nutrition, I've learned that slow eating may be the single most powerful habit for driving major transformation. It's one of their core practices for a reason—it works. Eating slowly and mindfully is simple and effective—but not necessarily easy. Most people have to work at it. I know it will be a challenge for me!

In order to do this correctly, I found some tips from my Precision Nutrition friends on how to accomplish and be successful at this particular challenge. I will start out with concentrating on one meal a day for a few weeks then move on to every meal of the day. Here are some tips to help you slow down your eating. Use which ever ones you like that will help you get results.

- **Take just one breath.** Before you eat, pause. Take a breath—take a bite—take another breath—take another bite and so on for your entire meal.
- **Add just one minute.** Start small by adding just one minute to your meal time. Add 2 or 3 if you feeling up to it. Try to eat for at least 20 minutes per meal. You can use the app like **20 Minute Eating** to time yourself. Stretch out that first meal as long as you can then try to make your next meal last one minute longer.
- **Eat foods that really need to be chewed.** Minimally processed lean proteins, fruits and vegetables, whole grains, beans and legumes require more effort—and time—to eat.. The more you have to chew, the longer it'll take to eat, giving your fullness signals a chance to catch up.
- **Do something between bites.** Pacing yourself is easier when you have a specific action in mind to break up mouthfuls of food. Try: setting down your utensils—taking a sip of water—ask someone a question at the table.
- **Eat in a calm environment.** Don't eat while you drive, watch TV, or play with your phone. Never eat while standing! Sit at your kitchen table, not your couch. The whole point is **to pay attention to your food** and body.

Ok, it's time to tackle this challenge! I know I will have some setbacks but I will keep in mind that every meal is a chance to practice. I will let everyone know how my challenge went next month. I'm sharing the Slow Eating Challenge with you because it could be exactly what you need, but never even knew to try. Good Luck.



## **Fairbury Family Fun Bike Ride**

In conjunction with the Fairbury 150 year celebration, a Family Fun Bike Ride will be offered on Sunday, Sept. 15. Riders will have routes of 3, 15, and 27 miles to choose from. There will be additional information regarding start times, routes, etc. in the September newsletter. Keep the August "Family Fun Month" going with this fun family ride in September!

**Did you know....** Optimism may help you live longer? Seeing the glass as "half full" instead of "half empty" may have a big impact on how long you live. Studies have found that there is a correlation between increasing levels of optimism with decreasing levels of death from cancer, disease, infection and stroke. This is particularly true for cases of cardiovascular disease. Those who had the highest levels of optimism had an almost 40 percent lower risk of heart disease. Another reason to try and keep a positive attitude!



**This Month's Choices Are Next Month's BODY!**

## MOVE OF THE MONTH—Weighted Curtsy Crossover Lunge

You can perform this move with a weighted barbell or a set of dumbbells at your side. This move targets your calves, hamstrings, glutes and quads.

- Stand tall while holding a barbell across your upper back (or dumbbells by your side) .
- Instead of stepping directly forward when you lunge, cross your lead foot in front of your opposite foot into a curtsy. Lower your body until your back knee nearly touches the floor. Really enable your core here to make sure your upper body is nice and straight and your chest isn't collapsing.
- Return to your starting position. Perform 20 repetitions for 3-4 sets then switch legs.



### PLEASE RECYCLE

Here at the JCH&L Burkley Fitness Center, we take recycling seriously and would like for our members to help us. We ask that all plastic cups, water bottles and sports drink containers be put in the labeled "recycle" can by the drinking fountain.



Plastics make up a huge amount of our solid waste in our landfills. They also take ages to breakdown, making it a huge problem. Recycling plastics helps conserve energy and our precious environment.

Please be environmentally conscious here at the Fitness Center and at home and recycle not only plastics but paper, cardboard, tin and aluminum cans, and many other items. Future generations will thank you!

### [Thumbs Up To ROAR Organic Electrolyte Infusion Drink](#)

If you're tired of plain water to help you stay hydrated but don't want the extra calories of a sports drink, ROAR could be just what you're looking for. It is caffeine free with only 10 calories and 1 gram of sugar per serving. It contains zero artificial sweeteners,



VEGAN

10 CAL  
PER SERVING

-1g -  
SUGAR\*



flavors, and colors and is available in 6 refreshing flavors. Roar also uses a proprietary electrolyte blend created with organic coconut water and sea salt. It contains antioxidants and B-vitamins.

ROAR Organic Electrolyte Infusion Drink is available on-line for around \$28 for a case of 12 bottles each containing 18 ounces of drink. Staying hydrated is very important heading into the hot summer month of August and sometimes you may just be looking for something more than just water. Give ROAR a try—stay hydrated—work out longer—work out harder!



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CHANGE SERVICE REQUESTED

## Recipe of the Month: **Fresh Summer Veggie Bake**

This scrumptious side dish uses lots of summer garden veggies. It's flavorful, has great texture and color, and is gluten free.

### Ingredients:

1-2 TB olive oil	1 med. yellow onion—diced	2 large cloves garlic—minced
1-2 med. zucchini—sliced	1-2 med. yellow squash—sliced	3 med. red potatoes—sliced
4-5 Roma tomatoes—thickly sliced	1 tsp dried thyme	1 tsp Italian seasoning
1 1/2 cups Parmesan cheese	salt and pepper to taste	fresh parsley for garnish

### Instructions:

1. Preheat oven to 350 degrees. Finely chop the onion and mince the garlic and sauté both in a skillet with olive oil until softened—about 5 min.
2. While onion and garlic are sautéing, slice the rest of the veggies. Spray the inside of a baking dish with non-stick cooking spray and spread the softened onion and garlic in the bottom of the dish.
3. Place the sliced veggies in the baking dish vertically, in an alternating pattern. Sprinkle with salt & pepper thyme and Italian seasoning. Cover with foil and bake for 30 min.
4. Remove foil, top with cheese and bake for another 15-20 min.

### Notes:

- Feel free to use different proportions on the veggies if you like some veggies better than others.
- Cut the tomatoes thick. Test the potatoes for tenderness before adding cheese

