

FITNESS CENTER

October 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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Vol. 23—Issue 10

BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month. Breast cancer is one of the most common kinds of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. Here are a few suggestions for getting yourself checked.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to your doctor about your risk for breast cancer, esp. if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

JCH&L offers the new Genius 3D Mammography that includes the new SmartCurve system for increased comfort during your mammogram. Don't wait. Talk to your doctor and schedule your appointment today by calling 402-729-6841.



STRENGTH

**ANYONE CAN
WORKOUT
FOR AN HOUR,
BUT TO CONTROL
WHAT GOES ON YOUR
PLATE THE OTHER
23 HOURS...
THAT'S**

HARD WORK

Exercise—It's a Gift

Exercise has many health benefits far beyond just weight loss. It improves cognitive function and releases endorphins, which are sometimes thought of as natural antidepressants, just to name a few.

To keep exercise separate from weight loss, remember this phrase:

Exercise is a Gift, not a punishment.

Feel grateful that you're able to give the gift of exercise to your body.



New P.M. Water Aerobics Class

Water, Water everywhere! The Burkley Fitness Center is now offering an evening water aerobics class, called Ripple Kickers. This Monday-Wednesday class will begin on October 2nd with the time set for 5:30 p.m. Class will last approximately one hour.



Working out in the water is one of the most therapeutic activities you can do. Water aerobics helps build cardio, strength and increases flexibility, all while being easy on the joints and in a cool and relaxing atmosphere. This may be particularly appealing to those with joint conditions such as arthritis or those currently undergoing physical rehabilitation.

This class is not limited to any age group or skill level.

Join the fun and give Ripple Kickers a try! Class is free with your BFC membership. Non-members can purchase a 12 visit punch card for \$30.

Diet or Exercise—Which One?—By Jackie Wesch—NSCA P.T./Precision Nutrition Cert./BFC Supervisor

Food—I want to eat smart. Exercise—Where do I start? We are told that diet and exercise are two of the main ingredients of living healthy and of course, maintaining a healthy weight. But which one should we concentrate on more or are they equal in value?

By now I'm sure you've all heard and basically understand the saying "You can't out-exercise a bad diet." If you eat poorly day after day, you will NEVER be able to exercise enough to maintain a healthy weight. And all the exercise in the world can't undo the harm that certain foods/drinks can do to your health. So what (and how much) food and drink you put into your body really does matter—A LOT. We can look at it this way: Food is your daily—and I mean DAILY—homework while exercise is more like your extra credit. The bottom line is that everyone needs to do their homework **correctly** (learn about FOOD) before jumping straight to the extra credit (exercise) without understanding the whole equation first.



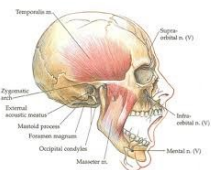
So basically what I'm getting at is, yes, exercise is important but you first have to make healthy food choices and **consistently** (I can't emphasize being consistent enough) stick with them, before you incorporate exercise.



Not long ago I watched the documentary "Fed Up". It takes a close up look at the obesity problem here in America. It lays much of the blame on our food choices and even more of the blame on what companies are actually putting into our food—mostly added sugar. I tend to agree with that which is why I believe we need to be diligent in educating ourselves and reading food labels before purchasing certain foods. Over processed foods are all too common in the groceries stores these days and eating them day in and day out will only lead to health problems down the road. And **what** we eat is just as important as **how much** we eat. Eating 300 calories of simple carbs (sugar based food) is totally different than eating 300 calories of fruits and vegetables, nuts, or lean protein.

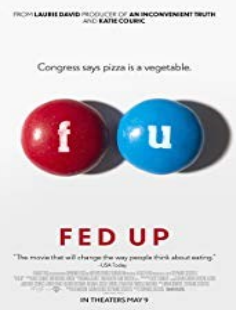
Do your homework. Then throw in some extra credit. A lot of times exercise can help influence your food choices—for the better. Why do all that exercise if you're just going to sabotage it by eating unhealthy food?? For better health, FOOD is #1 and EXERCISE is #2. Put them together in the right combinations and your problem is solved.

Did you know.... The strongest muscle in your body is....? Our muscle strength can be measured in different ways. If you are referring to the muscle that can exert the most force, then your calf muscle, the soleus, would be the winner. However, if you want to find the muscle that can exert the most pressure, then the jaw muscle, or the masseter, would be the strongest. The human jaw can close teeth with a force as great as 200 pounds, or 890 newtons!



[Thumbs Up To The Netflix Documentary FED UP](#)

We all know obesity is an epidemic and that health issues, from diabetes to heart disease, are skyrocketing. But what if everything we've been told about food and exercise is wrong? That's the premise behind the documentary "FED UP". The film features top food experts like Micheal Pollan, Marion Nestle and Mark Bittman arguing that the food industry's supposed "solutions" for fighting obesity and disease are not only making the problems worse—they're actually creating them. The film dives deep into issues surrounding the government's involvement in subsidizing and endorsing the sale and marketing of unhealthy products to adults and children.



FED UP can be seen on Netflix or purchased/rented on Amazon.

MOVE OF THE MONTH—Single Leg Deadlift w/Single Arm Row

The Single-Leg deadlift targets your glutes, hamstrings, and challenges your overall balance, while the Single Arm Row targets your upper back.

- Stand with your feet hip-width apart, holding a dumbbell in your left hand with your palm facing in towards your body. This is your starting position.
- Hinge your body forward at the hips as you lift and extend your left leg back. Make sure to keep your chest up and maintain the neck aligned with the spine. Don't rotate the hips, keep your hips square with the floor. Bend down until your back is parallel with the floor.
- When you reach your parallel standpoint, perform a single arm back row keeping your elbow close to the side of your body.
- Extend your arm back down and with a controlled movement squeeze your core and lift your back up to your starting position.

- Perform 12 repetitions for 3-4 sets then switch legs and arms.



Make the Smart Move to Good Health

Craig Bontrager - Burkley Fitness Center Director

Few things in life are more important than your health. It affects everything that you do. How you perform your daily tasks, interact with others, including your family, your attitude and self-confidence are all affected by your health. There are reports available that say two thirds of Americans are overweight and being overweight can put you at a higher risk of developing Diabetes. In fact, many of us already have pre-diabetes. Pre-diabetes means your blood sugar levels are higher than normal. When blood sugar levels reach certain levels you will have Diabetes. Diabetes means your body no longer produces insulin or does not use it properly and your blood glucose levels are too high. Once you have Diabetes there is no cure, although it can be managed through diet, exercise and medication.

Pre-diabetes, however, can be reversed and this is where the “Smart Moves” program at Jefferson Community Health and Life comes in. Smart moves is a 12 month program that, through instructor education and fellow participant support you can learn how to take charge of your health and fight off the pre-diabetes symptoms through a better diet, exercise and learning how to control and even do away with bad habits. The instructors of the Smart Moves program are uniquely qualified and trained to help you achieve realistic goals in each of these areas. The cost of the program is \$225. This includes all of the class material for the duration of the program and a 6-month membership to the Burkley Fitness Center, which by itself is about a \$250 value.

If you have been struggling with your weight, lifestyle, attitude, or your health in general, have a good visit with your doctor. Find out what is going on. Doctors can diagnose Pre-diabetes. If this is what is affecting you, consider the Smart Moves Program. You can find out more about the Smart Moves program by contacting Lisa Edeal, Program Director, at 402-729-3351



CHANGE SERVICE REQUESTED

Recipe of the Month: **Chicken Parmesan w/Spaghetti Squash**

It's time to use up some of that spaghetti squash that's been overtaking your garden all summer.

This recipe is healthy and much lower in calories since the pasta is replaced with squash.

Ingredients:

1 med. spaghetti squash	4 boneless skinless chicken breast halves
2 TB minced fresh parsley	1 TB minced fresh oregano or 3/4 tsp dried oregano
2 TB olive oil	1 TB minced fresh basil or 3/4 tsp dried basil
1 jar (14 oz) pasta sauce	1/2 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese	

Instructions:

1. Halve squash lengthwise; discard seeds. Place squash on a microwave-safe plate, cut side down; microwave on high until tender, about 15 to 20 minutes. Cool slightly.
2. Meanwhile, sprinkle chicken with parsley, oregano and basil. In a large skillet, heat oil over medium heat. Add chicken; cook 7-9 minutes on each side or until a thermometer reads 165 degrees. Stir in pasta sauce; sprinkle with cheeses. Cover and cook until cheese is melted.
3. Separate strands of squash with a fork. Serve with chicken and sauce. If desired, top with chopped parsley.

