

Better Health for a Better You

JEFFERSON COMMUNITY

Health & Life

BURKLEY FITNESS CENTER



Fit For Life

A JCH&L Burkley Fitness Center Publication



FITNESS CENTER 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 Follow us on **Twitter & Facebook**

New Name—New Commitment to Health

The Jefferson Community Health Center has announced a new Commitment to Health, and with it, a new name: Jefferson Community Health & Life. As JCH&L engages our community in health lifestyles, the Burkley Wellness Center also gets a new name: the Burkley Fitness Center. Our newsletter, known as Wellness Works for the past 20 years, will now be Fit For Life.

JEFFERSON COMMUNITY
Health & Life
BURKLEY FITNESS CENTER



The Burkley Fitness Center still offers great services and classes with several new programs on the horizon. We are committed to being our community's destination for fitness, health and life services. We are here to help you be healthy for life!

MARCH IS NATIONAL NUTRITION MONTH

Are you finding it hard to keep your New Year's resolution to "eat healthier"? Don't give up! Start fresh and small in March during National Nutrition Month. The 2017 Nutrition Month theme, "Put Your Best Fork Forward," encourages everyone to start out small—one forkful at a time. Developing a healthy eating style that you can maintain is crucial. Starting with simple and small changes can be the key to making lasting changes in your eating habits. Here are some easy ways to "Put Your Best Fork Forward."

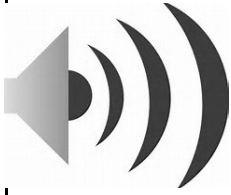


- ♦ **Choose Healthier Options When Making Meals At Home.** Harness the power of secret (healthy) ingredients. You're likely to stay on the Good Nutrition Train long term if you learn to make healthier versions of the food you really enjoy eating, instead of ditching them entirely for virtuous (but sad) alternatives. For instance: Swap half (not all—remember we are making small changes first) of the potatoes in mashed potatoes for cauliflower—they'll still taste delicious but will be way less of a starch-bomb. Roasting fresh veggies and lean meats instead of frying is another small way to eat and stay healthier when cooking at home.
- ♦ **Bring Your Lunch To Work At Least Once A Week.** Anything you make yourself is likely to be healthier than what you'd buy. But it's hard to make time, so start small: make a lunch for yourself on Sunday to bring to work on Monday. The more you do it, the more you'll get into the habit. And if you bring your own snack to work, always pick non-processed snacks. Stick with fruits and veggies, nuts, or food you made yourself. Even when it has more calories, you'll get more nutritional bang for your buck by avoiding all the junk that comes in processed food.
- ♦ **Set A Good Example For Your Children.** Parents are the most important role models for their children and modeling healthful eating habits starts in the kitchen. Get your kids involved in the cooking process with age-appropriate tasks and teach them the importance of serving balanced meals with a variety of nutrient-rich foods. Eating meals together that were prepared as a family are among the many ways you can help your family be mindful of their eating habits.

(continued on page 2)

Sound Asleep to White Noise

What is White Noise and how is it helpful to us? First off, it really isn't "noise" at all but more a gentle sound like the sound of wind rustling through trees or the sound of ocean waves or gentle rain falling. It is blended sounds with a consistent frequency. A sound conditioner is a machine that emits this consistent, soothing sound track that moderates the noise level of an environment. Turn one on and tune everything else out!



There are many surprising benefits of white noise. It can help you go deeper in meditation and is an **effective platform for sound sleep**. It improves your mental cognition, greater mind clarity and peaceful relaxation. Babies seem to sleep better with soothing noise. It may also be good for students as they study. It saves them from other sound disturbances such as loud congested areas, roommate snoring, etc. You can use the noise as a masking acoustic system. It can mask the sound of co-workers or the sound of office machines, for example, so it is more conducive for your cubical offices as well as to maintain your privacy. It can also be used when you travel. Use it on your plane flights and in hotel rooms to block out annoying sounds and give yourself a more peaceful environment.

Sound machines can be purchased on-line or in many department stores. White Noise can also be downloaded onto your phone or ipod so you can use a headset for more privacy. Try one out. Who knew sleeping to "noise" could be so peaceful!

March Nutrition Month

(Continued from page 1)

- ♦ **Find Healthful Options When Dining Out.** It's easier than ever before to find healthy options at restaurants. Look for items that are steamed, roasted or grilled, and always ask for the sauces or dressings on the side — since these tend to be high in calories and fat and you can control the portion better. Eat only half of your meal at the restaurant and take the other half home in a to-go box.

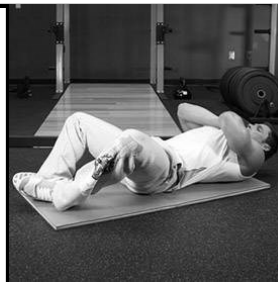
The Academy of Nutrition and Dietetics' National Nutrition Month website, eatingright.org/NNM has many great articles, recipes, videos and educational resources to help spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders, and backgrounds. You can also follow National Nutrition Month on social media using #NationalNutritionMonth.

Never give up trying to live a healthy lifestyle. Start fresh and small—Put Your Best Fork Forward!



CORE EXERCISE OF THE MONTH: **Frog Sit-ups**

1. Lie with your back flat on the floor (or exercise mat) and your legs extended in front of you.
2. Now bend at the knees and place your outer thighs by the floor (or mat) as you make the soles of your feet touch each other.
3. Now try pushing both soles and bringing them up as near you as possible while you keep the outer thighs on the floor (or at least almost touching it). **Tip:** In this position your legs should create a diamond shape.
4. Now, cross your arms in front of you by touching the opposite shoulders. This will be your starting position.
5. As you exhale flatten your lower back to the floor while curling the torso upwards. **Tip:** This will be like performing the first 1/4 movement of a sit up. Hold at the top position for a second.



Did You Know...

Adding strength training to your cardio can speed up fat loss—cardio alone can actually burn muscle tissue, and you need muscle to burn fat even while you're at rest.

**You have a choice...
you can throw in the
towel or you can use
it to wipe the sweat
off your face!**

There's Never A Good Time To Hit Pause—by Jackie Wesch—CPT/BWC Supervisor

Last year I enrolled in the worlds' largest online nutrition coaching and certification program and was fortunate enough to receive my certification as a nutrition coach. The co-founder of the company, John Berardi, Ph.D., has since written many interesting articles which I try to read as much as possible. One such article that he wrote really stuck with me as I agreed with virtually everything he said. It was a simple article on why the "pause button mentality" is ruining your health and fitness. He was asking the question that I have been asking for a very long time: why do you feel that need to hit "pause" when it comes to your fitness and nutrition? "I'll resume healthy eating after my vacation...or once the kids go back to school...or on January 1." It's easy to tell yourself that you need a break and time to regroup and then resume (start over) when life feels easier.

Starting fresh after you lose your way is a really comforting thought, but the problem is, the pause-button only builds the skill of pausing! As John says in his article "It can feel absurd to try to improve your eating and exercise habits while you're in the midst of chronic stress/looking for a job/going on vacation/caring for aging parents/raising small children. That's probably why there are so many 21-day THIS and 90-day THAT." You start these programs when life is "easy" and conditions are perfect. You build up your fitness for a short period of time but what you DON'T build is the ability to get fit under real-life conditions. Most of us feel that fitness and nutrition is an "all or nothing" thing. This may sound familiar: "I can't go to my fitness class this week because the kids are home from school and I always tend to eat more when the kids are home so I guess I will just sit this week out (pause) and start exercising and eating right next week." You may start doing better the next week but then there is always another life situation that comes along to mess things up again.



John writes, "The 'all or nothing' mentality rarely gets us 'all.' It usually gets us 'nothing.' That's when I propose a new mantra: **'Always something.'** Instead of pressing pause, adjust the dial."

Just think of your fitness and nutrition efforts as a dial. There are times when you may want to dial your efforts up to level 8, 9, or even 10—like when you are training for an event—and there are times when you want to dial them down to a 3, 2, or even 1—like when your kids are home from school and time is limited—but this dial **does not have an off or a pause button!** There's a big difference between tuning your dial to 3, 2, or 1, and turning the whole thing off. The lower levels of your dial can be as simple as parking further away from the office or store, having a side salad with your lunch or replacing one meal with a less processed one.

When you realize how doable and effective channels 3 and 2 and 1 can be, you see that there's NEVER a good time to hit "pause".

THUMBS UP TO THE AIRFRYER



Get the taste you love without the guilt by using an Airfryer! Air is the new oil—you fry in a healthier way with up to 75 percent less fat. An Airfryer makes it possible to enjoy healthier versions of your favorite foods by frying them with a tablespoon or less of oil and draining excess fat during cooking. It circulates hot air evenly around the food, which provides uniform cooking and gives it a fried taste without the added calories. Food becomes crispy on the outside and tender on the inside. The more expensive Philips Airfryer does more than just fry. It can also grill, roast, steam, and even bake your food so you have more quick and easy options when feeding your family or entertaining guests. There are several different models to pick from, ranging in price from around \$75 to more than \$250. If you really want that fried taste without the guilt, the Airfryer just may be the best option out there. Give it a try in honor of Nutrition Month!



CHANGE SERVICE REQUESTED

Recipe of the Month:

Green Spinach Pancakes

Start St. Patty's Day off right with these nutritious green pancakes. Yogurt gives them extra protein while the spinach makes them healthy AND green!

Ingredients:

| | |
|--------------------------------|--|
| 2 cups non-fat Greek yogurt | 1/2 cup milk (can be almond/soy/skim milk—your choice) |
| 2 cups fresh baby spinach | 2 tablespoons honey |
| 2 eggs OR 1 egg + 2 egg whites | 1 cup whole wheat flour (or whole wheat pastry flour) |
| 1 cup white whole wheat flour | 1 teaspoon baking powder |
| 1 teaspoon baking soda | |

Instructions:

1. In a blender or food processor, blend yogurt, milk and spinach into a green liquid. Blend in honey and eggs.
2. Blend in the flours until combined.
3. Stir (do not blend) in the baking powder and baking soda.
4. Cook by the 1/4 cup on a hot greased griddle.
5. Serve warm with your favorite toppings