

FITNESS CENTER

Sept. 2019

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

JEFFERSON COMMUNITY

Health & Life

BURKLEY FITNESS CENTER

**Be Active
Be Healthy
Be A Better You**



Fit For Life

A JCH&L Burkley Fitness Center Publication

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Vol. 23—Issue 9

ADULT AND KIDS SELF DEFENSE CLASSES COMING IN SEPTEMBER—DEMO SEPT. 4

New self defense classes are coming to the BFC, with a demo class on Sept. 4 and regular classes to be held weekly beginning Sept. 11. The cost of classes will be \$35 per month for members and non-members, with non-members being required to purchase a guest pass or use a punch card for class days. Classes will be instructed by Martinez Combative Arts.

- **Kids Hapkido** is a self defense class for kids ages 5 to 12. Here the students will learn the basics of martial arts which consists of stances, kicks, punches, rolls, throws and self defense techniques. There will be testing and promotions in this class.
- **Tactical Hapkido** is a class for adults that want to learn about self defense. The style employs joint locks, pressure points, throw, hand strikes and low-linear kicks. It also trains the participants to either counter or preemptively strike an imminent attack to defend one's self. There will also be testing and promotions for this class.
- **Muay Thai Adult** class helps participants develop power, speed and super cardiovascular endurance as well as a fighting spirit. This is a fighting art, training is performed by working with heavy bags, Thai pads and focus mitts. There will be testing and promotions.
- **Muay Thai Kids** follows the same ideas but on a much lesser scale. Kids will learn balance along with eye hand coordination and basics of the art. Protective gear is worn and all kids are paired with like size and ability when ever possible. Promotions and arm band testing is also at this level along with the opportunity to join a fight team and compete in tournaments.

Demo classes will be held Sept. 4 at: Kids Hapkido—4:30 p.m., Muay Thai Kids—5:30 p.m., Muay Thai Adults—6:30 p.m., and Tactical Hapkido Adults—7:30 p.m.

Weekly classes begin on Wednesday, Sept. 11, with classes at the same times as demo classes. Contact the BFC for more info. on these classes.



Fairbury Family Fun Bike Ride

As part of the "Celebrating Fairbury 150 Years" a family fun bike ride will be offered on Sunday, Sept. 15. All ages are welcome! The ride will begin at the Fairbury City Park, with distances of 27 miles—leaving at 8:30 a.m.; 15 miles—leaving at 9 a.m.; and 6 miles—leaving at 9:30 a.m. Beginning at 11 a.m. all kids 10 years and younger may bring their bikes to the park to ride laps. All riders under the age of 18 must ride with a parent



or guardian and all riders must wear helmets. There will be SAG support and rest stops along all the routes.

Brochures/waiver forms (must be signed by all riders) can be picked up at the Burkley Fitness Center.

For more information, contact Bev Hattle at 402-587-0707 or Kris Stone at 402-587-0537.

GET OUT AND RIDE!

When Less Is Best —By Jackie Wesch—Precision Nutrition Cert./BFC Supervisor

Most of you who know me won't be surprised to hear me say that I work out when I'm on vacation. In fact, I really make it a point to get a good workout in simply because when I'm on vacation, I tend to eat more. Plus, it just helps me feel less sluggish and gives me more energy to explore my new surroundings. I also enjoy going into various gyms to experience a new atmosphere while using different equipment.

With that being said, on my latest vacation, I ventured into a 24 Hour Fitness Center in Colorado Springs. Of course, this place was huge in comparison to the Burkley Fitness Center, with cardio and weight machines seeming to stretch for blocks. Everything was new to me, so generally my workouts went fast. On my last day of going to this gym, I decided to do a bit of weight lifting so I went over to the free weight section and proceeded to do my thing. As I was resting in between sets, I looked down and noticed something written very small on the floor between the weight racks. I got up to read it and it said, "Greatness Is In You." My first thought was "Wow, what a powerful message in such an unusual place." I actually felt like this message had so much more meaning due to the fact that not everyone in this giant place sees it. Only a remote few will even know it's there. That, for me, made it feel so much more like my own personal message. If I would have read the same 4 words on a huge sign as I came through the front doors, the impact wouldn't have been nearly as much, if any at all. I don't know who wrote the note, but I do know it had a very positive impact on me and I thank whoever for that. Sometimes we get so bombarded with huge billboards and loud TV ads we tend to start blocking out what we see and hear. But a little note or a soft whisper can have a more personal effect that can have a lasting impact. Remember this when you want to make someone feel good or you want to get a strong message across. Sometimes smaller, softer or quieter is just better. And if you see an inspirational note somewhere in the Fitness Center, I hope it brightens your day in some small (or big) way.

*Last month I challenged myself to 30 days of eating slower. I knew it would be really tough for me and boy was I right! I'm challenging myself to another month as the first time around I wasn't very productive. I'll update my progress in a few months—hopefully!

**FITNESS:
A LIFESTYLE
WITH NO FINISH
LINE**

THE SUPER SHAKE GUIDE

TURN YOUR BORING PROTEIN
SMOOTHIE INTO A SUPER SHAKE!

With the help of
PRECISION NUTRION

JUICE-BAR SHAKES VS. SUPER SHAKES

JUICE-BAR SHAKES	SUPER SHAKES
Contain high levels of sugar	Contain minimal sugar and artificial ingredients
Include low-quality protein sources	Use high-quality protein sources
Rely heavily on processed ingredients	Include whole fruits and vegetables
Use too many artificial components	Provide fiber and healthy fats

START WITH A GOOD BLENDER

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options.



MAGIC BULLET
Good blender for everyday use
PRICE
under \$50
POWER
250 Watts
CAPACITY
19 oz

May wear out after only a few months

VITAMIX
The Rolls Royce of blenders
PRICE
over \$300
POWER
1400 Watts
CAPACITY
64 oz



Comes with a minimum 5-year warranty

STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

STEP 1: PICK A LIQUID

Less liquid = thick shakes
More liquid = thin shakes

4-8 oz
is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

STEP 2: PICK A PROTEIN POWDER

25-50 g
1-2 scoops should be sufficient for each serving.



- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

STEP 3: PICK A VEGGIE

1-2 handfuls
Use raw or roasted veggies.



- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it's virtually undetectable.
Pair canned or roasted pumpkin with vanilla.
Try pairing peeled, roasted beets with chocolate.
When including celery or cucumber, reduce the amount of liquid you add.

STEP 4: PICK A FRUIT

1-2 handfuls
You can use fresh or frozen fruit.



- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.
Dates are very sweet. Make sure to get rid of the pit first.
Apples provide sweet and tart notes. Simply remove the core and slice.

STEP 5: PICK A HEALTHY FAT

1-2 thumb-sized portions
should be sufficient for each serving.



- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

STEP 6: PICK A TOPPER

Try cinnamon with vanilla and pumpkin.
Add oats if you need extra carbs.
Incorporate yogurt if you want more protein and a smoother texture.
With toppings, a little goes a long way.



- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews

- 1/2 cup plain Greek yogurt
- 2 thumb-sized portions of mixed nuts
- 1 cupped handful of frozen mixed berries
- 1 handful of spinach and 1 scoop powdered greens supplement
- 2 scoops of vanilla milk protein blend
- 4 ounces water



- A few sprinkles of coconut and 5 ice cubes
- 2 thumb-sized portions of walnuts
- Half a frozen banana and 2 pitted dates
- 2 kale leaves and 1 scoop of powdered greens supplement
- 2 scoops of plain pea protein powder
- 4 ounces water

MOVE OF THE MONTH—Clean And Press

This clean and press movement targets your shoulders, legs, and adds slight cardio into the mix. If you're not challenging yourself then you're not going to get the results you want .

- Start with your feet slightly wider than shoulder-width apart. Bend your knees and hold onto a dumbbell with one hand with weight on the floor. Place your other hand behind you or on your hip. This is your starting position.
- Exhale, engage your core and extend your legs by pushing through your heels and thrusting your weight through your hips. Keep your knees slightly bent to avoid over-extension. Flip the weight up by your shoulder while simultaneously standing up.
- Inhale, and press the dumbbell up to the sky.
- Reverse the steps to return back to your starting position.

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

*Always keep your back flat at the beginning of the exercise. Lower your hips—do not bend over at the waist and round your back.



Did you know.... The thermic effect of food is highest for protein? Up to 30% of its calories are



used for digestion and assimilation. If you're trying to lose a few pounds, add more protein to your diet.



**The Difference Between
Try & Triumph
Is a little
UMPH!**




HAPPY LABOR DAY
BURKLEY FITNESS CENTER

LABOR DAY HOURS

The Burkley Fitness Center will be **OPEN** Labor Day—Monday, Sept. 2—from 5 a.m. to 2 p.m. Regular hours will resume on Tuesday, Sept.3.

HAVE A SAFE AND ENJOYABLE HOLIDAY!

Thumbs Up To Fruit and Vegetable Reusable Mesh Bags

Go green with these waste free reusable produce bags. They are a safer and convenient way to bring veggies and fruit home from the store. With the breathable mesh



design, fruits and veggies stay fresher longer. Each bag can be closed tightly with the drawstring. These bags are sold in packs of 12 for \$13.99 and come in 3 different sizes:

Large—17x12, Medium—14x12, and Small—8x12.

These transparent bags are also great for storage of travel items, toys, coins, medicine and much more. Use them to keep things together

during grocery shopping, camping, garden harvest, beach and travels, etc.

They are washable and reusable. Bags are sold by Cool Kitch at coolkitch.com

Save money and the planet by never having to buy plastic bags again!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Sweet Potatoes w/Black Beans**

With fresh sweet potatoes being so abundant this time of year, this dish makes them the main part of the meal. The beans and tomatoes add protein and the skin is full of fiber so eat it as well!

Ingredients:

4 medium sweet potatoes	1 can black beans (15 oz)	2 medium diced tomatoes
1 TB olive oil	1 tsp. ground cumin	1 tsp. ground coriander
3/4 tsp. salt	1/4 cup reduced fat sour cream	1/4 cup fresh cilantro

Instructions:

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, about 12 to 15 min. (OR place in a baking dish and bake at 425 degrees until tender, about 1 hour)
2. Meanwhile, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 min. (OR heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each potato lengthwise, press open to make a wall in the center and spoon the bean mixture into the well. Top with sour cream and sprinkle with chopped cilantro.

