

FITNESS CENTER

November 2019

JEFFERSON COMMUNITY



Health & Life

*Be Active
Be Healthy
Be A Better You*

BURKLEY FITNESS CENTER



Fit For Life

A JCH&L Burkley Fitness Center Publication

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Vol. 23—Issue 11

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

DIABETES AWARENESS MONTH

November is National Diabetes Month. This year's focus is on the link between diabetes and cardiovascular disease, thus giving us the theme "Take Diabetes To Heart" for 2019.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood sugar from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits—be active/manage stress
- Take medicines as prescribed by your doctor.

Too many Americans with type 2 diabetes are in a bad relationship with their heart. The Take Diabetes to Heart campaign is about inspiring people with diabetes, and the people who love them, to take positive steps to better heart health. If you have a loved one living with type 2 diabetes, have a heart to heart talk about looking after their heart health.

When it comes to relationships, mending your broken heart is the first step to recovery

Find out how exercise affects your blood sugar with the Big Blue Test on Friday, Nov. 15.

Come to JCH&L Burkley Fitness Center from 6 a.m. to 8 a.m., 11 a.m. to 1 p.m. or 3 p.m. to 5 p.m. Have a free blood sugar screen before and after a workout.



Linking Diabetes and Cardiovascular Disease

December Reindeer Walk Save The Date!

This year's Reindeer Walk will be held on Friday, Dec. 6. More details will be coming in the December newsletter.



THANKSGIVING HOURS Wednesday, November 27

Open 5 a.m. to 5 p.m.

Thanksgiving Day

CLOSED ALL DAY

Friday, November 29

5 a.m. to 5 p.m.

Have a safe and enjoyable holiday with family and friends!



NATIONAL VEGAN AWARENESS MONTH

November is National Vegan Awareness Month. Those who choose a vegan lifestyle avoid all foods of animal origin, and may avoid animal products for clothing or other purposes, as well.

Whether or not a vegan lifestyle is your choice, nutritionists tell us that increasing our consumption of fruits and vegetables is a healthy choice. A plant-based diet is naturally higher in fiber and lower in calories and saturated fats. It can lead to lowered risks for cardiovascular disease and certain cancers, and also lower blood pressure and cholesterol levels. A more plant based diet can help us to lose weight naturally and keep it off.

If you are looking to be healthier, try eating a more plant-based diet.



Stuff The Turkey Not Your Gut—By Jackie Wesch—Precision Nutrition Cert./BFC Supervisor

Thanksgiving is fast approaching and it’s known as one of the holidays where overeating takes place. I can honestly tell you, just as one “healthy meal” isn’t going to make you healthy—one “bad meal” isn’t going to ruin your progress or make you fat. It’s all about consistency, not just a one time thing. If you’ve been trying to eat healthy for all those other months, then it’s time to loosen the reins a bit and don’t stress too much over whether you will eat too much or become anxious over what you should avoid.

I have a few tips that I use this time of year so I can eat those yummy deserts and childhood favorites without going overboard.

- Plan ahead as to what you are going to eat. Start with the healthier foods and fill up a bit.
- Don’t over think it! Remember, it’s just a meal or two. Tomorrow is another day to regroup.
- Drink water before and during your meals. It will help curb your hunger a bit more.
- Stop eating when you are full! This is a big one. It’s when you overstuff yourself that you lose control and eat way more than you should. Remember, we are eating foods we don’t normally eat and they can be eaten in the right portion sizes.
- Lastly, be ahead of the game...bring something of your own that you know you can eat that’s on the healthy side and introduce it to the family. You may be the only one that’s eating it but, hey, that leaves more for you!

I’m not perfect during this time of year when it comes to eating so I also make sure that I keep exercising. I always exercise on the day I’m going to be eating more and for sure the day after. I start eating normally again as soon as possible. This helps me to stay focused on putting the “right” food in my body and not just the comfort foods of the holidays. Enjoy your family, friends, and of course, some great food this Thanksgiving.



DID YOU KNOW....People who do the same daily type of exercise regularly are more prone to injury? Switch it up! Choose different activities at least twice a week to help prevent injuries.



HEALTH is the result of investing in GOOD NUTRITION!

Thumbs Up To ThermoPro TP-07 Wireless Remote Digital Food Thermometer

With the approaching holidays, many types of dishes will be made that need the proper internal temp to be safe to eat. The TP-07 Digital Wireless Thermometer is the perfect choice to

accurately monitor your meat dishes or anything else. It has 3 different backlight colors that change throughout the cooking process. The Wireless digital kitchen thermometer has a range of 300 feet and the transmitter and receiver are pre-synchronized—simply insert batteries. You can program your temperature setting manually or use a pre-set one. The Probe and Wire can withstand up to 716 degrees. It also has a count up and count down timer with alarm. You can order this thermometer on-line for about \$30 and read all about it’s many other features.



Be safe this holiday season and give this amazing thermometer a try!

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

Think of every body part you're working on in motion. While practicing this one move, you're aiming for stronger legs, stronger back muscles, more flexible ankles, knees and hips, and stabilizing your core.

- Stand with feet shoulder width apart facing straight ahead while holding a kettlebell or dumbbell in between your hands. This is your starting position.
- Lower yourself down into a squat position until you reach an imaginary chair position while holding the dumbbell close to your chest the whole time. Squat without letting your knees extend in front of your feet while maintaining the natural arch in your back.
- You want your body to be in a nice confined box shape. Remember to always keep your chest up and look straight ahead; the moment you look down, your chest will collapse and your form will fall. If you're having trouble with the squat position, use a bench or box as a guide. As soon as your butt touches the bench or box, engage your core and drive through your heels back to your starting position. Really squeeze your glutes when you're back to standing up.
- Increase the weight as you progress



SHIRTS FOR SALE

JCH&L short, long and 3/4 sleeve t-shirts are available for purchase at the BFC. There is a wide variety of colors and sizes to choose from. Prices, including tax are:
Short sleeve—\$12
Long sleeve—\$18
Three-quarter sleeve—\$14

FALL BACK

Daylight Saving Time ends Sunday, Nov. 3. Remember to set your clocks back 1 hour Saturday night!



PREBIOTICS VS. PROBIOTICS—How are they different?

While prebiotics and probiotics sound similar, these supplements are very different and have different roles in the digestive system. A helpful metaphor to understand the difference may be a garden. You can add seeds—the probiotic bacteria—while the prebiotic fiber is the water and fertilizer that helps the seeds to grow and flourish.

- Prebiotic Fiber is a non-digestible part of the foods like bananas, onions and garlic, the skin of apples, beans and many other foods. Prebiotic fiber goes through the small intestine undigested and is fermented when it reaches the large colon. This fermentation process feeds beneficial bacteria colonies (including probiotic bacteria) and helps to increase the number of desirable bacteria in our gut that are associated with better health and reduced health risk.
- Probiotics are live beneficial bacteria that are naturally created by the process of fermentation in foods like yogurt, sauerkraut, miso soup and others

Both prebiotics and probiotics have many beneficial effects on our overall gut health.

- Benefits of prebiotics: these foods are helpful in increasing the good bacteria already in the gut that reduce disease risk and improve general well being. Prebiotic fiber is not as fragile as probiotic bacteria because it is not affected by heat, stomach acid, or time.
 - Benefits of probiotics: these foods contain the good bacteria that helps maintain proper gut health.
- The biggest influence you can have on the state of your gut lining, and a healthy microbiome, is your diet—which you control.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy Pumpkin Chili**

This healthy Pumpkin Chili is an autumn favorite. It's loaded with healthful ingredients and big bold flavors. Comforting, cozy, and deliciously savory.

Ingredients:

2 TB olive oil	1 onion, diced	7 cloves garlic, chopped	1 tsp sugar
1 TB chili powder	1 TB cumin	1 tsp pumpkin pie spice	2 tsp oregano
1 lb ground turkey	2 tsp ground coriander	3 TB tomato paste	1/2 cup pumpkin puree
2 green + 1 orange/yellow bell pepper, seeded and chopped		3 cups chicken or turkey broth	
2 cans (14.5 oz) fire-roasted tomatoes with juices			
2 (14 oz) cans black beans, rinsed and drained		kosher salt and ground pepper	

Instructions:

1. In a large heavy pot, heat olive oil until hot. Add onion & garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine.
2. Add ground turkey and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.