

**BFC 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

JANUARY 2020

JEFFERSON COMMUNITY  
**Health & Life**

BURKLEY FITNESS CENTER

**Business Name. Be  
Healthy**

# Fit For Life

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## Get Organized In 2020

Happy New Year everyone! It's 2020 and January is National Get Organized Month—the perfect time to tackle the chaos in your kitchen and to start a well thought out eating plan.

A well organized kitchen and refrigerator can help you stick to a healthy eating plan. Decluttering will make you feel accomplished, help you eat healthier, ensure you are wasting less food and slash your grocery bill. Start your new year off right by using these tried and true tips on how to get organized.

- **Toss what you don't need.** First and foremost, get rid of all foods that don't fit into your healthy eating plan! Chips, cookies, sodas, foods loaded with artificial ingredients and high caloric, low food value foods, etc. You know what they are! As hard as it may be to toss them, you will be less tempted if they aren't there. And if you just can't go without a little treat now and then, use the "out of sight, out of mind" rule. Keep your "treats" somewhere else besides on the open counter, preferably in a high cupboard.
- **Make a plan.** Having an organized kitchen starts with knowing what you're going to get when you go to the grocery store. Plot out what you'll use each purchase for. Don't just throw random vegetables in your cart without knowing what you are going to do with them. You will just end up throwing them out after a week. And don't buy the unhealthy foods you just threw out! Load your frig with lean meats, leafy greens, organic eggs, raw almonds, avocados and anything else that fits into the healthy foods category.
- **Keep the healthiest stuff at eye level.** Don't hide the produce away in the back of the crisper drawer! It's so easy to forget about all of your fresh fruits and veggies when they are tucked away in the bottom drawers of your refrigerator. Keep them out in the open at eye level so you will see them and eat them before they go bad. Do the same in your pantry. Keep the healthiest foods on the middle shelf where your eyes go first. You will be more likely to choose them over less healthier foods.
- **Drink your water.** Nothing's better than water when it comes to healthy drink choices. Stop drinking your calories by consuming soda, juice, and vamped up coffees. Keep a pitcher full in your refrigerator so it's nice and cold and easy to get to. You can try infusing your water with fresh fruit and herbs to give it an enhancing flavor so you will be more likely to drink more.

Get your kitchen organized early this year and keep it that way all year long. It will help you stay focused on the healthy foods that you should be eating and hopefully wean you off of some of the unhealthy foods you shouldn't be consuming anyway. Healthy eating is the start to a healthy lifestyle in 2020!



### 20/20 Health Vision in 2020 by Craig Bontrager—BFC Director

As we come to the end of the decade of the 20-teens, I want to thank all of our BFC members for all of your hard work to help make yourselves better and to be a positive influence in the Fairbury Community.

2020 offers us a new year and a new decade to be a positive force in a world that sees a lot of negative. When you come to the fitness center in 2020, I hope you have a positive experience every time. To help you achieve this, check out the Positive Eye Chart located at the front of the fitness center. There is at least one positive word for every letter of the alphabet, yes, even X, to encourage you to be an inspiration to others by the way you live. These are words that I try to live by and I hope you can enjoy a great year ahead using your 20/20 Health-Vision in 2020.

# 20 | 20 VISION

MAKING THE VISION CLEAR

### BFC GROUP CLASSES

Stay motivated this year by joining one (or more) of the many group fitness classes we have to offer. Whether your goal is to lose weight, gain strength or increase your flexibility, a class atmosphere is a great way to get quality instruction with every workout!

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Slow Cooker Turkey Quinoa Chili**

A healthy and hearty slow cooker turkey quinoa chili with sweet potatoes, black beans, and warm spices.

### Ingredients:

1 TB extra virgin olive oil	1 lb lean ground turkey	1 large yellow onion—chopped
1 tsp kosher salt	1 tsp garlic powder	1/2 tsp black pepper
1 TB chili powder	2 tsp chipotle chili powder	2 tsp cumin
1 lb sweet potatoes—peeled & diced (3 small or 2 large)		1 cup uncooked quinoa
1 can crushed tomatoes (28 oz)	1 can black beans (15 oz) rinsed and drained	
1 can beer (12 oz) or substitute additional low-sodium chicken stock	2-3 cups low sodium chicken stock	

For serving: cilantro, avocado, shredded cheese, tortilla chips and sour cream or plain Greek yogurt.

### Instructions:

- Heat oil in large skillet over medium high. Add turkey, onion, salt, garlic powder, & black pepper. Cook and stir, breaking up the turkey as you go, until it's no longer pink—about 5 minutes. Stir in chili powders, & cumin then transfer to the bottom of a large slow cooker.
- To the slow cooker, add the chopped sweet potatoes, quinoa, beer, 2 cups chicken stock, crushed tomatoes & black beans. Cover and cook on high for 3-4 hours or low for 5-6 hours, until the potatoes are tender. Stir in additional chicken stock if the chili is thicker than you would like. Serve with desired toppings.



