

## 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

FEBRUARY 2020



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. 24—Issue 2

## HEART BINGO IS BACK!

February is National Heart Month so here at the BFC we will be promoting healthy heart activities all month long with our popular Heart Bingo. Various activities and nutritional tasks will have to be completed in order to earn a sticker heart to be placed on your BINGO sheet. The more BINGO'S you have, the more prizes you will receive. All "Blackouts" will be eligible for the Grand Prize drawing.

BINGO sheets can be picked up at the front desk any time after Jan. 29. Promotion will begin on Monday, Feb. 3. Only one BINGO sheet will be allowed per person. **A \$5 fee will be charged for each participant**, which will include a JCH&L water bottle. All proceeds will be donated to Go Red for Women which is the American Heart Association's national movement to end heart disease and stroke in women.

Let us help motivate you to be healthier in February by joining our Heart Bingo fun promotion! Your heart will thank you!



### Losing Weight After 40—By Jackie Wesch—Precision Nutrition Cert./BFC Supervisor

Now that you're over 40, why does it seem so hard to keep the weight off? Weight loss for those of us older than 40 can be very frustrating, to say the least. The key to losing weight and maintaining that weight loss after 40 is understanding what is really going on with your body.

Weight loss is easier when you are were younger because the body's metabolism runs at a faster rate. Your metabolism slows down about 5 to 10 percent in your 30's and continues slowing as you age. By the time you are in your 40's, that's about 300 to 400 calories a day you are no longer able to eat without gaining weight. And to make matters worse, a woman's older body is 20% more efficient at taking in calories and storing them in fat cells. It's nice to be efficient at something but storing calories is just unfair! So, the first thing we need to do is eliminate those extra 300 plus calories a day from your current diet. Eating smart is always the key to losing weight but when you're over 40, it's even more important. Select nutritious foods (we all know what they are, it's just a matter of actually eating them!) and be aware of **portion size**. Remember, you can't out exercise a bad diet. But as we age, it's important to keep moving to burn as many of those extra calories as we can. Aerobic exercise will burn calories but weight training is a must as we age. The "use it or lose it" saying comes into effect, so if you aren't using your muscles, you will lose them. And remember, muscle burns more calories than fat, so building muscle will help you maintain a faster metabolism.

And don't forget the WATER! Water serves as a coolant, a lubricant, a solvent and is necessary to the body's transportation system and weight loss. Dehydration causes mid-life fatigue and it affects the ability to think, exercise, sleep and work. Skip the soda, energy drinks and vamped up coffee. JUST.DRINK. PLAIN. WATER!

Losing weight after 40 isn't easy, but it's not impossible either. Have an action plan, stick to it and say to yourself (hourly if necessary) "I **can** and **will** do this"!



### BFC WALKING CLUB

The Burkley Fitness Center would like to hear from its members regarding a walking club. Would you be interested in joining a walking club this spring & summer? Participants joining this club would go on walks together at various locations around Fairbury. Trail walks are also a possibility. Dates and times would be determined by the majority of walkers. If you are interested, please sign up at the front desk. We appreciate your input!

### Life Doesn't Have

A REMOTE.

Get Up And

CHANGE IT

YOURSELF!

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Immune Boosting Wellness Smoothie**

It's cold and flu season so it never hurts to try and boost your immune system with healthy foods. This smoothie may do just that. It's great tasting and also good for digestion. Drink one every day all winter long!

### **Ingredients:**

1 ripe banana	1 cup frozen pineapple	2-3 cups organic spinach
1 knob fresh ginger, peeled (about 2 inches of ginger)		1 TB raw honey
1 knob turmeric root (about 2 inches fresh turmeric)*		dash of pepper (optional)
1/2 to 3/4 cup almond or coconut milk		

- ground turmeric can be substituted for fresh—1/2 to 1 tsp

### **Instructions:**

1. In a large, high-powered blender, add all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more almond milk to thin. Makes 2 smoothies at 140 calories each. Enjoy!

\*Feel free to add in a scoop of your favorite protein powder!

\*If you don't like bananas, use a cored apple instead.

