

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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CELEBRATE NUTRITION MONTH

March is National Nutrition Month! A month where we invite everyone to focus on the importance of making informed food choices and develop sound eating and physical activity habits. The 2020 theme is Eat Right, Bite by Bite. It's important we all understand that good nutrition doesn't have to be overwhelming or restrictive. Small changes and goals can have a huge healthful effect, and every little bit (or bite) of nutrition is a step in the right direction. The theme is designed to be adaptable to all eating patterns and cultures and to be fun, accessible, positive and kid-friendly!

There are several ways to celebrate Nutrition Month and here are just a few to get you on track;

- Eat a variety of nutritious foods EVERY DAY this month. Eat as many colors of vegetables as you can!
- Plan out your meals so you know what to buy at the grocery store. Try to enjoy HEALTHY eating at school, work and at home.
- Learn cooking skills that create tasty AND healthy meals. Learn about substituting healthy ingredients for the not so healthy ones. Example: substitute no-sugar-added applesauce for oil when baking.
- Last but certainly not least, MOVE YOUR BODY. Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try new activities this month to keep workouts fresh and exciting.

As part of this month's celebration, the BFC will be offering several healthy food samples—free to members—throughout the month of March. Look for these items on the table above the towel bin.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

MARCH MADNESS INCENTIVE PROGRAM

If you're looking for some exercise motivation this March, join our 2020 March madness promotion. Participants can earn points twice per day

by doing their own exercise session and one group fitness class. Points can also be earned by picking winning teams in the NCAA Men's Basketball Tournament. If you are interested, stop by the front desk for details on all the rules. Promotion is free and open to all BFC members. The contest will start Monday,

March 2 and will run through Monday, April 5.

Grand Prize is a 3 month individual or 1 month family BFC membership.



WE WANT YOUR PICTURE!

With the new check-in system now in place at the BFC, updated photographs are needed for all BFC members. Please let us take a few minutes of your time to take your picture when you check in. We appreciate your understanding and thank-you in advance.



TRAIN BECAUSE YOU LOVE YOUR BODY, NOT BECAUSE YOU HATE IT!

HEART BINGO A SUCCESS/WATER BOTTLES FOR SALE!

The BFC would like to thank all its members who participated in our Heart BINGO promotion. A total of 35 cards and JCH&L water bottles were handed out. Several of the participants achieved black outs making them eligible for the Grand Prize drawing.

The JCH&L water bottles are **still available for purchase** at the front desk. Cost is only \$5 per bottle, which includes tax.

Thanks again to everyone for supporting The American Heart Association and playing Heart BINGO!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Carrot Cake Oatmeal Cookies**

Ingredients:

3/4 c white whole wheat flour or whole wheat pastry flour	1/2 tsp baking soda
1/4 tsp salt	1 1/2 tsp cinnamon
1/4 c coconut oil, melted and cooled	1/8 tsp nutmeg
1/2 c packed dark brown sugar	1 egg
1 heaping c shredded carrots	1 tsp vanilla extract
1/3 c unsweetened shredded coconut	1 1/4 c rolled oats
1/4 cup chopped pecans or walnuts	1/4 c raisins

Instructions:

1. Preheat oven to 350. Line a baking sheet with parchment paper.
2. In a med. Bowl, whisk together flour, baking soda, cinnamon, nutmeg, and salt.
3. In a separate bowl, mix coconut oil, brown sugar, egg and vanilla until well blended. Fold in carrots. Add flour mixture and mix until combined. Fold in oats, coconut, pecans, and raisins.
4. Drop by tablespoonful on prepared baking sheet. Gently flatten with your hand. Bake for 9-11 min. or until golden brown. Cool then remove from sheet.
5. To make glaze: Combine 1/4 c powdered sugar, 1-2 TB almond milk, and dash of cinnamon. Drizzle a tiny bit over cookies, then let dry. Makes about 18 cookies.

