

**HOURS (as of 7/6/20)**

**Monday—Friday**

5 a.m. to 9 p.m.

**Saturday**

7 a.m. to 5 p.m.

**Sunday**

1—5 p.m.

**Phone:** 402-729-6139

**Website:**

JCHhealthandlife.org

**JULY 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 7

## Protecting Yourself From Illness

Let's start with the hard truth: you can't fully control whether you catch a cold, the flu, or COVID-19. You also can't control how your body will react once it's exposed to a pathogen. There are many different factors that determine your body's response. Some you can impact, like nutrient deficiencies. Others you can't do anything about, like your age. But even among the factors you can influence, no single tweak or "hack" can control such a complex system. Short of a proven vaccine, **no magical supplement, superfood, diet plan, or exercise routine can ensure you'll stay healthy.** There is good news, though: When it comes to your immune system, your daily actions can make a meaningful difference. By consistently practicing healthy behaviors, you can:

- Reduce your exposure to transmission of a pathogen through human contact (shaking hands), air droplets, (coughing or sneezing), food, or contaminated surfaces.
- Better prepare your body to fight off foreign invaders—focus on constructive behaviors to help you feel more in control to ease anxiety and stress that come with all the uncertainty.
- Eat mostly minimally-processed whole foods and get enough protein, fruits and vegetables.
- Consume an appropriate number of calories and move regularly—having too much or too little body fat can interfere with certain compounds that affect immunity. Body composition related health conditions (heart disease, high blood pressure, type 2 diabetes) increase risk of infection and complications.
- Quit smoking and reduce alcohol consumption
- Get adequate sleep and manage your stress.

Now you have a game plan for taking action to help prevent getting sick. Importantly, you don't need to do everything that is suggested above. Eating protein at every meal is hard enough on its own, and your grocery store might be sold out of the kind you like right now. Some people have way less time to work out than they used to, since they're busy homeschooling or working double shifts. Others have much higher stress levels than before. So pick and choose the strategies that make the most sense and feel doable to you right now. You can always incorporate others later. And remember: There's nothing wrong with starting small. That's where great progress often begins.

\*Article written with permission of Precision Nutrition

### IF YOU DO GET SICK...

Depending on your illness, you may be able to speed recovery by adjusting your diet and exercise routine.

#### NUTRITION

Nourish yourself with healthy staples.

- Drink lots of fluids. If you have respiratory symptoms, focus on hot drinks, which help break up mucus in lungs. Add lemon juice for a hit of vitamin C.
- As your appetite allows, focus on immune-supporting whole foods, especially ones with protein, vitamin C, zinc, and omega-3s.
- Consider a Super Shake if you're not up to making or consuming a full meal.
- Rely on your frozen batch-cooked meals to optimize nutrition while you recover.

#### EXERCISE

Let your symptoms be your guide.

Low or moderate-intensity exercise is OK if your symptoms are limited to:

- Sore throat
- Coughing
- Runny nose
- Congested nose

Signs you shouldn't exercise:

- Fever
- Elevated heart rate
- Fatigue or weakness
- Nausea, vomiting, or diarrhea
- Achy muscles or joints
- Enlarged lymph nodes
- Worsening "above the neck" symptoms

### IF YOU DO WORK OUT...

- ✓ Exercise at home to prevent spreading.
- ✓ Opt for lower-intensity activities like walking, jogging, and yoga.
- ✓ Keep sessions to an hour or less.

### FOCUS ON WHAT YOU CAN CONTROL

To prioritize your immunity (and sanity), it's smart to optimize how you spend your time and energy. Zero in on areas where you have control and can make a real impact.

TOTAL CONTROL:	SOME CONTROL:	NO CONTROL:
<ul style="list-style-type: none"><li>• Your priorities</li><li>• Your mindset</li><li>• Your actions</li><li>• Your best effort</li></ul>	<ul style="list-style-type: none"><li>• Your schedule</li><li>• Your health routine</li><li>• Your home environment</li><li>• Your support team</li></ul>	<ul style="list-style-type: none"><li>• Politics &amp; world events</li><li>• What's on the news</li><li>• Other people's thoughts &amp; actions</li></ul>

For the full article explaining this infographic, visit: <https://www.precisionnutrition.com/optimize-your-immunity-infographic>

Precision Nutrition

## COVID-19 Fitness Center Rules

At this time, 75 percent of capacity is allowed in the Fitness Center at one time. Social distancing will be enforced (6 feet apart) and the wiping down of equipment after use is required. **Limit of 4** people in the weight room at one time. **Limit of 2** people in the hot tub at one time and a limit of **2 family household groups** in the pool at one time. Please call to reserve your time in the pool. Let's all stay safe!

Open July 4—7 a.m. to noon

**New Hours of Operation**

**Beginning Monday, July 6:**

Monday—Friday—5 a.m. to 8 p.m.

Saturday—7 a.m. to 5 p.m.

Sunday—1 p.m. to 5 p.m.

CHANGE SERVICE REQUESTED

## Recipe of the Month: **7-Layer Fruit Bowl**

Nothing says “summer” like fresh fruit! Layering colorful chopped fruits in a straight-sided trifle bowl gives a refreshing fruit salad a stunning presentation. It’s a company-worthy brunch recipe but great for potluck picnics as well.

### **Ingredients:**

1/2 cup orange juice	1 TB lime juice	1 TB chopped fresh mint (optional)
2 c. diced watermelon	2 c. diced pineapple	2 c. halved blackberries
2 c. diced cantaloupe	2 c. halved green grapes	2 c. diced honeydew melon
2 c. quartered strawberries		

### **Instructions:**

1. Combine orange juice, lime juice and mint (if using) in a small bowl.
2. Toss watermelon with 1 TB of the juice mixture in a medium bowl. Repeat with blackberries, honeydew, strawberries, pineapple, grapes and cantaloupe, tossing each fruit with 1 TB of the juice mixture and layering it decoratively in the bowl. Garnish with mint, if desired.

Recipe by EATINGWELL

