

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

AUGUST 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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HISTORIC TRAIL WALK CHALLENGE DEADLINE EXTENDED

The Historic Trail Walk, which began May 21 and is put on by JeffCo On The Move, has extended its deadline to Aug. 17. For this challenge, participants can walk or bike to each of the 6 locations (listed below) and take a selfie (you or your family) with the sign at EACH location. Show your selfies to the staff at the Fairbury Public Library by closing time on Aug. 17 and enter for a chance to win a KINDLE FIRE! Only one entry per family will be accepted. Drawing will be August 18. Historic Trail Walk signs are located at: Fairbury City Park, McNish Park, Fairbury City Museum, Fairbury Public Library, Rock Island Railroad Depot and Jefferson County Courthouse. Full details and map can be found at the JeffCo On the Move Facebook page.



Be Kind To Yourself Everyday—by Jackie Wesch —Supervisor, Precision Nutrition Certified, P.T

The month of August is National Wellness Month. It's a month where we are to focus on self-care, managing stress, and establishing healthy routines. In my book, each and every day should be "wellness day," but as we all know, self-care and wellness can sometimes take a back seat when life gets busy. So this month, I challenge you to create wholesome habits in your lifestyle and practice them all month long. Hopefully, some if not all of these positive changes will stick with you for the rest of the summer or all year long.

There are numerous ways to make these small changes but if you are having trouble coming up with some of your own, here are a few suggestions for you to try.

- **Drink more water**—With the hot and humid weather making its way into our summer, drinking enough water is essential to staying hydrated and healthy. If you think just plain water is too "ho-hum" you can infuse it with fruit like lemon, strawberries and my favorite, watermelon.
- **Cut back on your sugar intake**—Did you know that the average American consumes about 22 teaspoons of sugar each day? Unbelievable, right? Much of it is from hidden sources like salad dressings, juice, ketchup and pasta sauces, just to name a few. Read food labels before purchasing to see what the sugar content is. Anything above 9 grams per serving should be avoided.
- **Nourish your skin**—Your skin is the body's largest organ and it takes a lot of abuse, especially in the summer. Nourish it with moisturizing lotion after you shower and before you go to bed. It will make your tired, weathered skin feel like its blooming again.
- **Practice meditation**—Stress is not good for your health and meditation is an excellent way to combat it. I've downloaded some excellent meditation apps and have been practicing them daily. This is one habit that really can be so beneficial, mentally, emotionally and physically. Give it a try.
- **Exercise outdoors**—Yeah, it's hot out but a good sweaty workout may be the psychological boost you need. There's been a lot of research that points to the therapeutic benefits of exercising in "green spaces."



Don't let self-care and wellness take a back seat this month. Small, simple changes can do wonders. Taking care of yourself should be high on your "to do" list as it promotes happiness and helps you manage stress. Challenge yourself this month to create some positive habits and try to make them stick all summer long.

EXERCISE CLASS



CLASS UPDATE

Group fitness classes at the Fitness Center are still not being offered at this time. Watch Facebook and our website for updates.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Farmers Market Veggie Enchiladas**

Nothing says “farmers market” like fresh veggies! This Mexican flavor dish makes the perfect summer meal.

Ingredients:

1-2 Tb olive oil	1 onion, diced	4 garlic cloves, chopped	1/2 tsp salt
1 red bell pepper, diced	1 sm zucchini, diced	1 ear of corn, kernels off (about 1 cup)	
1 tsp cumin	1 tsp coriander	1 tsp dried oregano	
1 14 oz can black beans, rinsed/drained		1/4 c. chopped cilantro (optional)	
2 cups enchilada sauce	8 x 8 whole wheat tortillas (or sub corn)		
2 c. grated cheeses (8-10 oz pepper jack, Mexican blend, cheddar, Mozzarella)			



Instructions:

1. Preheat oven to 400 F. Heat oil in a large skillet over med-high heat. Add onion and stir 2-3 min until fragrant. Lower heat to med and add bell pepper, zucchini, garlic and salt. Saute until zucchini and peppers are tender. If mixture gets dry, add a splash of water, lower heat and cover and gently steam until veggies are tender. Add corn, cumin, coriander and oregano. Saute 3 more min. Remove from heat. Add black beans. Taste for salt adding more if needed. Stir in half of cilantro.
2. Grease 9 x 13 baking dish. Pour 1/2 c of the enchilada sauce and spread around on bottom of pan.
3. Place 1/2 c filling down the center of the tortilla, add 2-3 TB grated cheese over top and wrap up tightly. Place enchilada seam side down over the sauce. Repeat with the remaining 7 tortillas nestling them side by side. Pour remaining sauce over enchiladas. Sprinkle with remaining cup of cheese. Cover with foil.
4. Place in hot oven, removing foil for the last 10 min until cheese is melted. Scatter remaining cilantro over top. Serve with sour cream and hot sauce.

Recipe by Feasting at Home

Rock Steady Boxing Class

Attention all Parkinson's disease patients! Our new and upcoming class may be just for you. Rock Steady Boxing will give people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.

Exercises are mostly made up of boxing drills such as muscular endurance, accuracy, hand-eye coordination, balance and more. They vary in purpose and form but all exercises are intended to extend the capabilities of the participant.

Newly certified instructor Craig Bontrager will be teaching this class.

For more information on the start date and times, contact the BFC upon its re-opening at 402-729-6139, or stop at the front desk.

We are excited about this new class and helping those to "fight back" against Parkinson's disease.



**Your beliefs don't
make you a better
person. Your
BEHAVIOR does.**
