

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

October 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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BFC CLASSES TO BEGIN AGAIN

BFC classes are back! Beginning Monday, Sept. 28, **several (not all)** classes are scheduled to resume with some changes. Social distancing will be a requirement, class sizes will be limited, instructors will wear masks (optional for participants), and staff will do extra cleaning. Classes resuming at this time include: Body Pump (evening and noon), Arm Chair Aerobics, Circuit Training, Senior Yoga, and Tia Chi. Senior Yoga and Tia Chi will lead by a video. Zumba and Water Classes are not resuming yet, but we are hoping they will soon. If you are interested in participating in one of the resuming classes, please call the Fitness Center to get all the details. **Reservations may be required.**

October is Vegetarian Awareness Month

October is the month we observe what being a vegetarian is all about. Even if you are a meat eater, you can still benefit from some of the healthy foods that vegetarians eat.

Vegetarianism is one of the oldest diets in the book and eating more fruits and vegetables can have many positive effects on your health and well-being.

Plant based foods provide some of the most essential nutrients we need. They are also rich in antioxidants and vitamins.

Eating less meat may help lower inflammation therefore promote a healthy heart. It can also help with weight loss if you cut out processed carbs and concentrate on eating whole foods with higher food values. And contrary to popular belief, you can still get plenty of protein on a vegetarian diet.

Try to make it a point to eat less meat this month. Maybe declare one day of the week as being your “meatless” day.

Many people go with “Meatless Mondays.” Do some digging and find interesting recipes to try. You could be surprised at how delicious vegetarian meals can be and how simple they are to make. Most of the time, you won’t even notice there isn’t any meat in them. And remember, ice cream AND cheese pizza are both considered vegetarian! With that being said, you still need to choose wisely the foods you consume and how much of those “treats” you really need.

Another added incentive to eating more veggies, is that meat is so expensive these days it will help your wallet to cut back a bit.



If I Could Turn Back Time—by Jackie Wesch—Supervisor, PN Certified

A few weeks ago, I got a call from an administrator that works for the high school in which I graduated from almost 40 years ago. He was calling to inform me that Grand Island Northwest was starting an Athletes Hall of Fame and I was going to be one of the first graduating athletes to be inducted into it. I felt honored and of course, they needed more information on what I had accomplished athletically, so I had to dig deep and find all my old high school “stuff.” So, down memory lane I went and I ultimately came to the conclusion that I’m getting old! How easily my body used to move compared to now is very eye opening. The saying “you don’t know what you have until it’s gone” is so very true! I can’t run as fast, move as quickly, jump as high and my feet don’t feel near as light at they used to. But, there are things that I CAN do now that I probably couldn’t do back then. It’s always a good thing to look ahead and not back. My upper body is much stronger now and my endurance is far superior than it was when I was a teenager. I find some comfort in that.

Going down memory lane is fun every once in awhile but we can’t turn back time, so dwelling on what we used to have just isn’t going to get us anywhere. We all just need to do the best we can with what we have NOW. My goal is to keep moving—not fast like I used to—but just moving at a pace that is comfortable and at times challenging. Even as we get older, it’s a good thing to challenge yourself once in awhile to keep things from getting too stale and if you’re like me, I like to test my body just to see how far I can actually push it, no matter what my age.

Age is only a number. If you “think” you’re old you will probably “act” old. And you are never too old to try something new. For instance, if you think that weight training is just for young people, you are wrong. The older you get, the more strength you lose, so doing some resistance training can do wonders for your balance, strength, and endurance..

Let us know if you are interested in strength training. We have some awesome machines here at the Fitness Center just waiting for you to try!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Skinny Veggie Lasagna**

To celebrate Vegetarian Month, try this easy to make and very tasty veggie lasagna. With all the fresh vegetables and sauce, you won't even know the meat is missing!

Ingredients:

3 cups chopped veggies of your choice	1/2 chopped onion	2 TB minced garlic
1 TB olive oil	1 cup low fat ricotta cheese	1 egg
2 cups fresh spinach	2 cups spaghetti sauce	1 cup grated mozzarella cheese
12 uncooked oven-ready whole grain lasagna noodles		

Instructions:

1. Pre-heat oven to 375 degrees. Chop veggies. Saute the onion and garlic in the oil over medium heat. Add chopped veggies and saute until tender. Set aside.
2. Whisk egg into ricotta cheese and stir in fresh spinach.
3. Pour a little sauce in the bottom of a greased 9 x 13 pan. Top with 4 lasagna noodles, 1/2 cup ricotta mixture, 1/2 of the veggies, and 3/4 cup sauce. Repeat; top entire pan with noodles, remaining sauce, and mozzarella cheese.
4. Cover and bake for 40 minutes at 375 degrees. Remove foil and bake for 10 minutes more or until cheese is bubbly.
5. Check the lasagna at 30 minutes and add 1/4 cup vegetable stock if the lasagna looks too dry.

*Chopped veggies can include: broccoli, cauliflower, carrots, red peppers, and zucchini

Recipe by Pinch of Yum



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.**
