

**BFC HOURS**  
Currently closed  
because of COVID.

If you need to call and  
talk to us, call between  
8:30 a.m. and 5 p.m.  
Phone: 402-729-6139  
Website:  
JCHhealthandlife.org

December 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 12

## Build A Trigger Workout

By Precision Nutrition

If you're having a hard time staying active while spending more time at home, here is an experiment you can try! It's simple. It's effective. And it's tailor-made for people who work from home or can fit in bursts of short workouts between meetings. If that's your situation right now, there may be no better time to try it. Give it a shot and it might just help you:

- Move more frequently throughout your day for better overall health.
- Make working out seem "easier" while improving your fitness.
- Do lots of exercise—without needing an hour of uninterrupted time.
- Take short work breaks that invigorate your mind.
- Have fun trying out a new approach to exercise.

## How To Build Your Own "Trigger" Workout

Try this method to get in a lot of exercise on days when you don't have time for a full workout.

**1 Establish your trigger.**  
Choose an object and place it somewhere in your home that you pass by often.  
Ex. A dumbbell/kettlebell beside your bathroom door.



**2 Pick an exercise.**  
Choose a movement that works a lot of big muscle groups and that can be done safely without a warmup.  
Ex. Bodyweight squats, pushups, or lunge variations.



**3 Decide how many sets and reps to do.**  
Stay at a level where you don't feel a significant "burn," and you're nowhere near failure. For most exercises, 5 reps at a time is a great start.



**4 Start your workout.**  
Every time you pass by your "trigger" object, complete a set or three of your chosen exercise(s), and repeat this over the course of the day.



## GIFT GIVERS NEEDED!

No matter where you live or how old you are, there's nothing like a cheerfully wrapped present to brighten your spirits. Our nursing home and assisted living residents are truly feeling the effects of the Covid-19 pandemic. Isolation and lack of social interaction can be very disheartening, esp. during the holiday season.



This year, the Burkley Fitness Center would like to give JCH&L staff and fitness center members an opportunity to make a Gardenside Nursing Home and Cederwood Assisted Living resident feel special this holiday season by assembling an "Angel Tree."

This tree will consist of paper ornaments, with a list of gifts printed on one side for each individual resident. The Giver can purchase one or all items on the list for this resident. We are asking that the gifts be wrapped and turned into the Fitness Center no later than Dec. 17. Since the Fitness Center is now closed, please call us and we will pull an ornament from the tree for you and relay the gift ideas to you. Every ornament on the tree will need an "angel" to ensure each resident has a gift.

Random gifts not mentioned on an ornament (if you wish to surprise them) could be: picture frames, calendars, sun catchers for their windows, fun socks, non-skid slippers, fleece throws or homemade items and baked goods.

Lets help our Gardenside and Cedarwood residents have a Merry Christmas since they will not be able to spend it with their families.

**TOUGH TIMES DON'T LAST, TOUGH PEOPLE DO.**

**ALL GREAT CHANGES ARE PRECEDED BY CHAOS**

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Candy Cane Angel Cake**

This Angel Food Cake taste like Christmas! It's a great way to have a healthy, low fat dessert for the Holidays.

### Ingredients:

1 box angel food cake mix	1 1/3 cup cold water	1/2 tsp red paste food color
1 tsp peppermint extract	3/4 cup powered sugar	1 to 2 TB milk
1/2 cup finely crushed soft peppermint candies		

### Instructions:

1. Move oven rack to lowest position. Heat oven to 350 degrees. In extra large glass or metal bowl, beat cake mix and cold water with electric mixer on low speed 30 seconds. Beat on med speed for 1 min.
2. Pour about 3 cups batter into ungreased 10-inch angel food (tube) cake pan. Into small bowl, pour about 3/4 cup batter; stir in food color and peppermint extract until blended. Carefully spoon red batter over white batter in pan. Carefully spoon remaining white batter over red batter and swirl with knife.
3. Bake 40 min or until top springs back when lightly touched. Immediately turn pan upside down onto heatproof funnel or bottle. Cool completely, about 2 hours. Loosen cake by running long metal spatula along edge of pan. Place serving plate upside down on pan. Turn plate and pan over; remove pan.
4. In small bowl, mix powered sugar and 1 TB milk, 1 tsp at a time, until thin enough to drizzle. Drizzle over cake; top with crushed candies.



Recipe by Betty Crocker

