

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

January 2021



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. 25—Issue 1

NO DUES FOR JANUARY!

The Burkley Fitness Center would like to say Happy New Year by waiving all January 2021 dues. With our apologies for the need to close due to COVID in 2020, both existing and new members will get the month of January 2021 free.

Brighten Up Your Day

By Precision Nutrition

You understand the importance of getting some sort of movement every day, whether that's a little hip shakey-shake while walking your dog, some crunches while throwing your kid in the air, or a 10-minute HIIT while the coffee brews.

If you exercise regularly, you probably know that intense workouts can leave you feeling like a million bucks. Here are just a few reasons "why" getting full-body movement in every day has us feeling like a warm hug.

What kind of movement makes you "literally" light up? We'll go first: salsa steps while making tacos.

BFC IS NOW OPEN—HAPPY NEW YEAR!

Once again, the Fitness Center is open for business! Fitness Center participants will be screened before entering the facility and there are guidelines members must follow. We will be asking that all members please keep a **10 foot** distance from others **when exercising** and keep a **6 foot** distance when **socializing**. We also ask that masks be worn when entering and exiting the facility and when in the locker rooms. Masks are not required while exercising at this time. There are also NO CLASSES at this time. Hand sanitizer is to be used before and after using equipment and members will need to wipe down equipment used during exercise.

These precautionary measures are for your safety and need to be followed at all times. We missed you—Welcome Back!

ANGEL TREE A BIG SUCCESS

The Burkley Fitness Center would like to thank everyone who participated in our Angel Tree project. All Garden-side and Cedarwood residents received wonderful Christmas gifts donated from many gracious "secret angels" this year. With the residents being isolated and unable to see family members, these gifts truly made the Christmas season much more enjoyable for all of them.



Marcella Harper

Many people came together to make this project possible which only confirms that no matter what, even during a pandemic, the true spirit of giving is always present.

A big thank-you to Diane Kujath for coming up with the idea, organizing it and making sure the gifts were delivered on time.

We are planning another "Angel Tree" for next year.



Marvin Saathoff

How Exercise Makes Us Happier

Physical activity could improve your state of mind by:



1. SUPPORTING NEUROTRANSMITTERS

Exercise may boost the production of serotonin – a neurotransmitter that helps regulate mood and some cognitive function.



2. BOOSTING ENDORPHINS

Exercise can give you a short-term burst of endorphins, chemicals in the brain that block pain and produce a natural "high."



3. REDUCING INFLAMMATION

Many types of exercise can lower inflammation, a potential cause of depression.



4. DECREASING STRESS

Exercise can be a great antidote to stress, which research has linked to depression, perhaps owing to the body's inflammatory stress response.

FITNESS: A lifestyle with no finish line.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Slow Cooker Turkey Quinoa Chili**

Nothing says comfort like chili in the winter time. This chili has black beans, sweet potatoes and warm spices
Easy to make, great leftover and healthy, too!

Ingredients:

1 TB extra virgin olive oil	1 lb lean ground turkey	1 large yellow onion, chopped
1 tsp kosher salt	1 tsp garlic powder	1/2 tsp black pepper
1 TB chili powder	2 tsp chipotle chili pepper	2 tsp cumin
1 can crushed tomatoes (28 oz)	1 cup uncooked quinoa	1 can black beans (15 oz) drained
3 small sweet potatoes (approx. 1 lb), peeled and diced		
1 can beer (12 oz) or sub additional low-sodium chicken stock		
2-3 cups low-sodium chicken stock		

For Serving: cilantro, avocado, shredded cheese, tortilla chips, and sour cream or Greek yogurt.

Instructions:

1. Heat the olive oil in a large skillet over medium/high heat. Add turkey, onion, salt, garlic powder, and pepper. Cook and stir, breaking up the turkey as you go, until it is no longer pink. Stir in the chili powder, chipotle chili powder, and cumin, then transfer to a large slow cooker.
2. To the slow cooker, add the chopped sweet potatoes, quinoa, beer, 2 cups chicken stock, crushed tomatoes and black beans. Cover and cook on high for 3-4 hrs or low 5-6 hrs., until potatoes are tender. Stir in additional stock if the chili is thicker than you like. Serve warm with desired toppings. Recipe by Wellplated



