

**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

April 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 4

## BFC Closed Easter Sunday



The Burkley Fitness Center will be **CLOSED** April 4, Easter Sunday. Have a safe and happy holiday! Normal hours return on Monday, April 5.

## Maintaining Your Mental Edge

Two of the main pillars for supporting age-related mental health and well being are exercise and strong social interactions.

The benefits of exercise affect all aspects of life and healthy longevity. Walking just 3 times per week can improve brain function. According to the Great Courses Guidebook, six months of exercise will result in a 15 to 20 percent improvement in memory, decision-making ability and attention. Social interactions studies have shown an improvement of cognitive skills for all ages with an increased number of interactions with friends, neighbors, and family members. After a year of Covid restrictions, it's not surprising to see so much depression after long months of isolation.

On the brighter side, some studies have shown that laughter can have many benefits to our health. It has been shown to cause blood vessels to dilate and increase blood flow to various organs, while stress causes restriction of blood flow. And people who are laughing have been found to have similar levels of circulation chemicals in their blood as people who are working out! Oxygen uptake and the release of endorphins increase during laughter. Perfect for celebrating Humor Month!

## **GET YOUR COVID VACCINE TO PROTECT YOURSELF AND THOSE YOU LOVE**

### **BUY/SELL BOARD**

Just a reminder that the Fitness Center has a Buy/Sell "Anything Fitness" board for anyone wanting to purchase or sell any type of fitness product. This board is located over Southwest wall shelf next to the aerobics floor. Items such as exercise equipment, bikes, fitness/nutrition books or videos, workout shoes, just to name a few, can be posted on the board. All items must be approved by BFC staff before being posted. Only personal items can be posted—no commercial products. This board is intended for members to help each other buy and sell fitness and health related products.



The seller is responsible for all terms of sales.

## APRIL IS NATIONAL HUMOR MONTH

It's Humor Month and after this past year, we can all use a little humor in our day. Working out and eating healthy isn't always easy. Here are a few humorous fitness quotes that hopefully will put a smile on your face.

- My brain cells, skin cells, & hair cells continue to die. But my stubborn fat cells seem to have eternal life.
- When people ask how my diet is going: Give.Me.Sugar.
- Diet Tip: If you feel hungry you could just be thirsty. Drink a pitcher of margaritas and see how you feel.
- My eating habits range from fitness model to hungry child in a chocolate factory—It's balance.
- Apparently you have to exercise more than once to get into shape. This is cruel and unfair.
- If only my bank balance was as high as my daily calorie intake.
- I didn't choose the thick thigh life, the thick thigh life chose me.
- May the booty get fatter and my stomach become flatter.—Amen
- I had plain yogurt this morning then a salad for lunch. Then I came home and ate the entire kitchen.
- Do Cadbury eggs count as a healthy breakfast?
- Not only did I fall off the diet wagon, I dragged it into the woods, set it on fire, and used the insurance money to buy Twinkies.
- It was so windy when I was walking to the gym that I got blown into the wine store.
- Finally—my winter fat is gone....now I have spring rolls.

## February Trivia Winner

Our 25-year trivia challenge winner for March is Julie Dux. Answers for last months' challenge are: 1) The Bob and Wauneta Burkley Wellness Center; and 2) 2 directors.

Our winner will receive a JCH&L t-shirt. We thank everyone who participated and we want to encourage everyone to join the fun and turn in their answers to next month's questions, which are located at the bottom of the page. All answers can be submitted to Jackie.wesch@jchealthandlife.org or answers can be brought into the Fitness Center and given to a staff member. All correct entries will be put into a drawing for a JCH&L t-shirt. Help us celebrate 25 years! Good Luck!



Question #1—What popular event did the Wellness Center put on each June from 2004-2015?

Question #2—What was the Wellness Centers' logo shape before the organization became JCH&L?

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CHANGE SERVICE REQUESTED

## Recipe of the Month: **Vegetable Studded Turkey Meatloaf**

This meatloaf is super healthy and has three cups of veggies built right in!

### **Ingredients:**

|                                       |                                    |                                      |
|---------------------------------------|------------------------------------|--------------------------------------|
| 2 TB olive oil                        | 1/3 cup minced shallots (or onion) | 3/4 cup finely diced sweet potato    |
| 1/2 cup diced zucchini                | 3/4 cup frozen or fresh corn       | 1/2 cup finely diced red bell pepper |
| 2 large eggs                          | 1 tsp minced garlic                | 3/4 cup frozen or fresh peas         |
| 1/2 cup milk                          | 3/4 cup Panko Bread Crumbs         | 2 TB Worcestershire sauce            |
| Pinch cayenne pepper                  | 1/4 cup minced fresh parsley       | 1/2 tsp dried thyme                  |
| 1/2 cup ketchup                       | 2 lbs low fat ground turkey        | 1/2 cup grated Parmesan cheese       |
| Kosher salt and black pepper to taste |                                    |                                      |

### **Directions:**

1. Preheat oven to 350 degrees. Spray a rimmed baking sheet with nonstick cooking spray.
2. Heat olive oil in large skillet over med. heat. Add shallots & sweet spuds and saute for 3 min, then add the zucchini & bell pepper—saute for 2 more min. until veggies soften slightly. Add corn, peas, and garlic & saute for 2 more min. or until veggies are slightly cooked. Season w/salt & pepper. Turn the mixture onto a plate and cool to room temperature.
3. In a large bowl, whisk the eggs w/milk, Panko, Worcestershire sauce, cayenne, parsley, thyme & Parmesan cheese. Add cooled veggies to mixture and blend. Add turkey and mix well using hands. Shape the mixture into a rectangular loaf on the prepared baking sheet. Spread the ketchup over the top and sides of the meatloaf.
4. Bake until cooked through, about 50 min. Let sit for at least 15 min. before serving.