

BFC HOURS

Monday—Friday

5:00 a.m. to 9 p.m.

Saturday

7:00 a.m. to 5 p.m.

Sunday

1—5 p.m.

Phone: 402-729-6139

Website:

JCHhealthandlife.org

May 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 5

STOP COMPARING

Ever feel like the body you want is always just out of reach? Like you'll never quite be lean, strong, fit, or healthy enough? Or that there's always somebody "better" than you?

Here's the truth: Everyone's comparing themselves to others. It's simply human nature. So what can you do if you find yourself comparing your body to others, like that person in the gym who's rocking 6-pack abs, or your friends, or an Instagram influencer?

These three strategies can help.



How to stop comparing yourself to others physically



Focus on actions, not the end result.

This shifts the mindset away from comparison ("They did it, why can't I?").



Eliminate your triggers.

If there's a specific place, person, or practice that makes you feel "not good enough," take a break from it.



Transform your social media.

Clean up your newsfeed, and unfollow accounts that don't bring joy to your life.

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ADVENTURE RACE IS BACK!

It's time to get in shape and participate in the Burkley Fitness Center's 25 year celebration Adventure Race!



This family friendly, 1 to 2 hour race will be held on Saturday, June 26.

More details on this event will be in the June newsletter. Dust off your mountain bike and running shoes and get

your team together to start preparing now!

New Fitness Center Employee

We would like to welcome Jolleen Kuhl to the Burkley Fitness Center staff. Jolleen will be our new Administrative Assistant, beginning April 26. Jolleen is not new to JCH&L. She has been employed for nearly two years in another department. Feel free to stop at the front desk to introduce yourself! Welcome, Jolleen!

MEMORIAL DAY HOURS



The BFC will be open on Memorial Day from 7 a.m. to 5 p.m. Regular hours will resume on Tuesday, May 1. Have a safe and happy holiday!

March Trivia Winner

Our 25-year trivia challenge winner for March is Kris Huss. Answers for last months' challenge are: Adventure Race and a heart. 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!



**PEOPLE DO NOT DECIDE THEIR FUTURE, THEY DECIDE THEIR HABITS.
IT'S THEIR HABITS THAT DECIDE THEIR FUTURE.**



Question #1—The current weight room in the Fitness Center used to be what?

Question #2—Since the opening of the BFC, how many CEOs of the hospital have there been?

CHANGE SERVICE REQUESTED

Recipe of the Month: **Grilled Garden Veggie Pizza**

Pile on the veggies—this crisp, grilled crust can take it! This colorful, healthy pizza looks as fresh as it tastes.

Ingredients:

1 medium red onion, cut crosswise into 1/2 inch slices
1 large zucchini, cut lengthwise into 1/2 inch slices
1 large sweet red pepper, halved, stemmed and seeded
1 prebaked 12-inch thin whole wheat pizza crust
2 cups shredded part skim mozzarella cheese, divided

1 TB olive oil
1/2 tsp salt
1/4 tsp pepper
3 TB jarred roasted minced garlic
1/3 cup torn fresh basil

Directions:

1. Brush vegetables with oil; sprinkle with salt and pepper. Grill covered, over medium heat until tender, 4-5 minutes per side for onion and pepper, 3-4 minutes per side for zucchini and squash.
2. Separate onion into rings; cut pepper into strips. Spread pizza crust with garlic; sprinkle with 1 cup cheese. Top with grilled vegetables, then remaining cheese.
3. Grill pizza, covered, over medium heat until bottom is golden brown and cheese is melted, 5-7 minutes. Top with basil.

