

### 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

# July 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 7

## SETTING YOURSELF UP FOR SUCCESS

You've probably heard the conventional wisdom around setting goals: "Make your goal specific, measurable, and attainable. Fair enough. But what happens after that? How do you break down your big, complex goals into small, doable steps?"

Here's an example using a proven formula for achieving any goal, small or large: It's called the "Goals, Skills, Practices, Actions" framework.

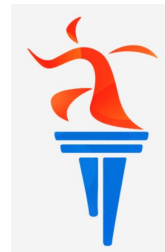
It's the secret to simplifying everything we do at PN—especially when it comes to helping people change their behaviors.

Ready to break down your goals into daily actions that'll lead to the results you want? Use our "Goals to Action" worksheet to get started. Sheets are located on the bench above the towel bin.

Article written by permission by Precision Nutrition

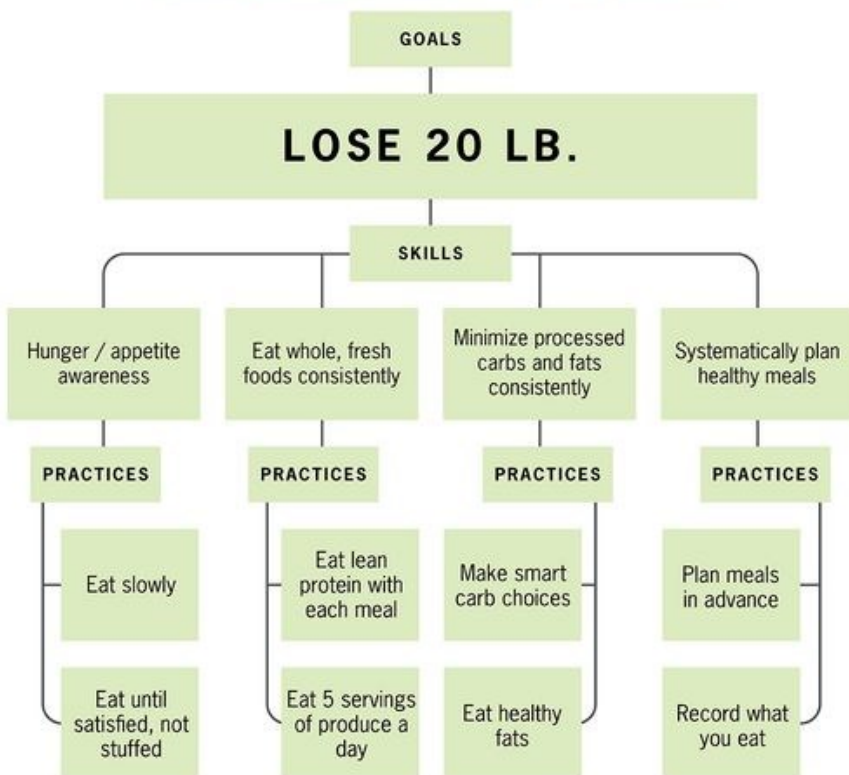
## Cornhusker State Games

During the Olympics, many of us watch the athletes perform and sometimes dream about what our possibilities are of competing in sports. Remember the Cornhusker State Games were designed to have people of all ages and abilities participate in many different events from Arm Wrestling to Golf to Swimming to Chess. This year's Cornhusker State Games will be held July 16-25. You can participate in 48 different events. Check [CornhuskerStateGames.com](http://CornhuskerStateGames.com) for entry information. If you need help preparing for the games, talk to us here at the Burkley Fitness Center and we can help you with information and training.



## HOW TO ACHIEVE ANY GOAL

ACHIEVE YOUR GOALS BY BREAKING GOALS INTO SKILLS, AND SKILLS INTO PRACTICES.



## BFC OPEN JULY 4TH

The Burkley Fitness Center will **OPEN** on Sunday, July 4th from 1 to 5 p.m. Have a safe and happy holiday!



## March Trivia Winner

Our 25 year trivia challenge winner for June was Jack Wesch. Answers for last months' challenge were: Wellness Works and carpet. Next month's questions are located at the bottom of the page. All answers can be submitted to [jackie.wesch@jchhealthandlife.org](mailto:jackie.wesch@jchhealthandlife.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 is currently the longest running class at the BFC?

Question #2—What popular game was played several times in February in honor of heart month?

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Grilled Zucchini**

It's that time of year again—Zucchini time! This grilled zucchini is bathed in flavorful garlic and herb marinade, then cooked to perfection on the grill. An easy quick and healthy side dish.

### **Ingredients:**

1 pound small zucchini, ends trimmed then cut into quarters			2 TB olive oil
1 TB lemon juice	1/2 tsp salt	1/4 tsp pepper	1 tsp Italian Seasoning
1 tsp minced garlic	2 TB fresh parsley leaves, chopped		lemon wedges (optional)

### **Directions:**

1. Place the olive oil, lemon juice, salt, pepper, Italian seasoning and minced garlic in a large bowl. Whisk to combine.
2. Add the zucchini to the bowl and toss to coat. Cover and refrigerate for at least 20 minutes or up to 2 hours.
3. Preheat a grill or grill pan to medium high heat.
4. Add the zucchini to the grill in a single layer. Cook for 3-4 minutes per side or until tender and browned. Season with additional salt and pepper if desired.
5. Remove zucchini from grill and place on a serving plate. Sprinkle with parsley and serve with lemon wedges if desired.



