

**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:**

August 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 8

## August is FAMILY FUN MONTH

Once again, it's Family Fun Month! It's time to make new memories by setting aside some family bonding time with fun and exciting activities. There are so many ways to spend quality family time together. Getting outdoors for fun activities has many benefits. Go on a family bike ride or nature walk. You could even pack some food and have a picnic after your ride or walk. If getting outdoors isn't possible, playing family board games can be a great way to bond and have a lot of fun. Cooking together as a family can also be very rewarding, especially for the younger family members. Making a nutritious meal together can help kids build strong relationships toward eating healthy their whole lives.

The Burkley Fitness Center is also a fantastic place to bring the whole family. Our heated pool is available all year long and even though our activities court is currently our entrance, it can still be used for basketball and other activities.

Build great memories during Family Fun Month. Family time is so very important — make it a point to set aside some bonding time.



### BFC CLASSES

Looking for a fun way to get your workout in? Look no further than one of our many Fitness Center classes! We offer weight training classes, water classes, senior classes and more. Family Martial Arts classes are currently being organized and may be offered in the Fall and/or Winter months. Pick up a schedule of all our fitness classes at the front desk. We are here to help motivate you to have a fun and great workout everyday!



### CURRENT COVID-19 BFC GUIDELINES

For the safety of our members and staff, JCH&L is asking that everyone entering the building through the Activities Court into the Fitness Center please **WEAR A MASK** while being screened. A mask is not mandatory while working out. Please practice social distancing while in the facility and locker rooms. We understand this has been a long process and we thank-you for your patience and understanding. Until further notice, please follow our current guidelines. Be safe. Stay healthy.



### Kettle Gryp at BFC

Kettlebells can be a great part of anyone's workout and finding the right weight just got a whole lot easier! The Fitness Center now has an adjustable weight grip that simply clamps to any dumbbell and turns it into an instant kettlebell. This plastic device is available to all members and is located in the basket next to the medicine ball rack. If you have any questions on how to use the Kettle Gryp, please ask any staff member and we will be happy to help. Check it out!



### July Trivia Winner

There were no trivia winners for our 25 year challenge in July. Answers for last months' challenge were: Water aerobics & Heart BINGO. Questions for next month are located at the bottom of the page and can be submitted to: jackie.wesch@jchealthandlife.org or brought into the Fitness Center. Good Luck!



Question #1—What year was Burkley Wellness Center name changed to Burkley Fitness Center?

Question #2—Which BFC employee has worked there for all 25 years?

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Summer Ratatouille**

This is a great dish to throw together if you have a garden and need to cook up your extra summer veggies. It is full of flavor, color and tastes wonderful on top of potatoes, pasta, rice or Quinoa.

### **Ingredients:**

|                                    |                               |                                |
|------------------------------------|-------------------------------|--------------------------------|
| 1/2 cup low sodium vegetable broth | 4-5 cloves garlic, diced      | 2 med. white onions, chopped   |
| 3 med. zucchini, chopped           | 1 yellow bell pepper, chopped | 2 eggplant, chop 1/2 in. cubes |
| 1 red bell pepper, chopped         | 1 cup peas (fresh or frozen)  | 8 Roma tomatoes, chopped       |
| 2 sprigs fresh rosemary, chopped   | 1/3 cup fresh basil, chopped  | 1/2 tsp paprika                |
| Pinch of hot pepper flakes         | salt and pepper to taste      |                                |

### **Directions:**

1. Over med.—high heat, in a large and deep pan, sauté diced garlic and chopped onion in a few splashes of vegetable broth of a couple of minutes until lightly cooked.
2. Add chopped eggplant and pinch of salt. Stir and leave to simmer for a few minutes. Add a splash of vegetable broth if the eggplant is sticking to the pan.
3. Add chopped zucchini, peppers, peas and tomatoes. Stir. Add a couple of splashes of vegetable broth while cooking if the veggies begin to stick to the bottom of the pan.
4. Add rosemary and basil, paprika and pinch of hot pepper flakes. Stir. Turn down heat, cover and simmer until lightly cooked. If there is too much water in the pan, remove lid to allow water to evaporate while simmering. Stir occasionally to prevent sticking.
5. Cook for 20-25 min. until veggies are well cooked and a thick, stew-like ratatouille is formed. Garnish with parmesan and fresh basil. Server over rice, potatoes or pasta.