

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:

November 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 11

NEW DIRECTOR AT THE BURKLEY FITNESS CENTER

The JCH&L Burkley Fitness Center welcomes our new director, Jen Johnson! Jen has been a member of the Fitness Center Staff since 2016 as a class instructor and supervisor. She will take on this new challenge as director in mid November.

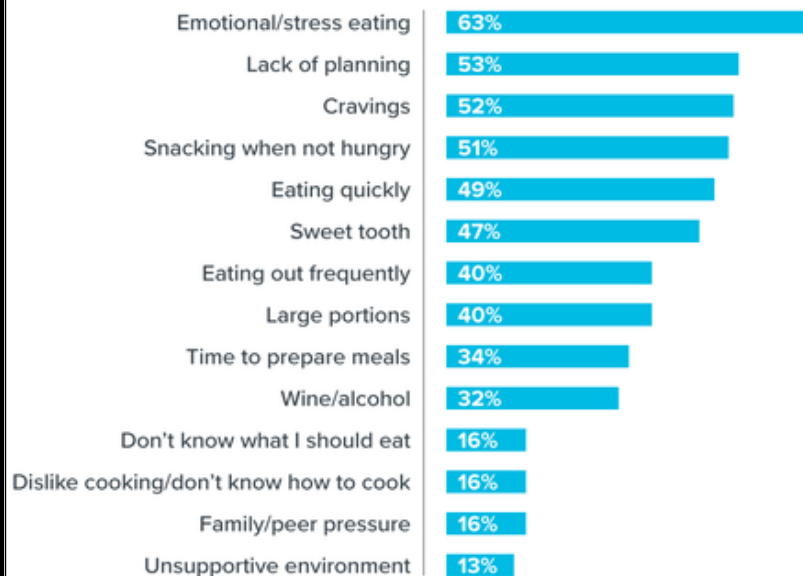
Jen has a passion for personal fitness and helping others with their own personal fitness goals. "I'm really looking forward to working with members of the community and helping people realize that movement and exercise are both fun and the best preventative medicine available to us. Setting people up for success, health, and a lifetime of wellness is my main goal."

Jen is a resident of Fairbury. She is married to Tanner Johnson and has 2 daughters.

We are looking forward to the future of the Burkley Fitness Center. Welcome Jen!



What's Your Biggest Nutritional Challenge?



THANKSGIVING HOURS

The BFC will be open Wednesday, Nov. 24 from 5 a.m. until 5 p.m. There will be no evening classes.

We will be CLOSED Thanksgiving Day.

We will be open Friday, Nov. 26 from 5 a.m. until 5 p.m. There will be no evening classes.

HAVE A SAFE AND HAPPY HOLIDAY
EAT HEALTHY!!

We are
Thankful for
YOU!



**An optimist is a person
who starts a new diet
on THANKSGIVING DAY!**

—Irv Kupcinet

Nutritional Challenges

"Here's what you should eat..."

Tell someone you want to lose weight or improve your nutrition, and this is almost always the first advice you get. But it's not, in fact, what the average person says they need the most help with.

We know because every year, we ask thousands of new PN clients about their biggest nutrition challenges.

As you can see, "I don't know what to eat" doesn't even crack the top 10.

Conquer Emotional/Stress Eating by identifying the trigger. You can disrupt the pattern of behavior & make better choices.

Overcome Lack of Planning by thinking about meal planning on a continuum. Eat 1 to 2 servings of produce at each meal.

Get The Better of Eating Quickly by consciously slowing down—even just taking a breath or two between bites at first—can help you eat less without feeling deprived.

Beat The Sweet Tooth by not bringing sweets into the house in the first place. When shopping skip the sweets and buy fruit.

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CHANGE SERVICE REQUESTED

Recipe of the Month: **Stuffed Pepper Soup**

If you like stuffed peppers, you'll love this soup! Similar ingredients are used in this soup which makes it easy to make!

Ingredients:

- | | | |
|-------------------------------|---------------------------------|------------------------------|
| 2 lbs lean ground beef | 6 cups water | 1 can (28 oz) tomato sauce |
| 2 cups chopped green peppers | 1/4 cup packed brown sugar | 1 can (28 oz) diced tomatoes |
| 2 tsp salt | 2 tsp beef bouillon granules | 1 tsp pepper |
| 2 cups cooked long grain rice | chopped fresh parsley, optional | |

Directions:

1. Over medium heat, cook and stir ground beef until no longer pink, breaking it into crumbles; drain. In a large add water and the remaining ingredients, except rice and parsley. Bring to a boil. Reduce heat and simmer uncovered until peppers are tender, about 30 minutes.
2. Add cooked rice; simmer uncovered for 10 more minutes. desired, sprinkle with chopped parsley.

*Low-fat cheese can also be sprinkled on top of soup.



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If

Recipe by Taste of Home

