

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

January 2022

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



Follow us on Twitter & Facebook

Vol. 26—Issue 1

CHALLENGE YOURSELF IN 2022

Happy New Year Everyone! Are you ready to start moving and get into better shape? We want to help motivate you to be a better you! This year the

BFC will have monthly challenges for all members. Any member with **15 or more visits a month** has a chance to win. Prizes will

range from a JCH&L -shirt to a free month membership. Drawings will be held at the end of each month. Make sure you check in at the front desk so we can properly track your fitness center visits! First up, is our plank challenge for January! Ask for details at the front desk. Let's move in 2022!



You don't need a new year to make a CHANGE... All you need is TODAY...

Should You Workout When You're Ill?

DAY 1 OF ILLNESS		DAY 2 OF ILLNESS	
<p>✓ SYMPTOMS</p> <ul style="list-style-type: none"> Sore throat Coughing Runny nose Congested nose 	<p>EXERCISE</p> <p>Only low intensity</p>	<p>✓ SYMPTOMS</p> <ul style="list-style-type: none"> No fever No malaise No worsening of "above the neck" symptoms 	<p>EXERCISE</p> <p>Light exercise by yourself, indoors</p> <p>30-45 minutes</p> <p>PULSE < 150 bpm</p>
<p>✗ SYMPTOMS</p> <ul style="list-style-type: none"> Muscle/joint pain Headache Fever Malaise Diarrhea Vomiting 	<p>EXERCISE</p> <p>No exercise</p>	<p>✗ SYMPTOMS</p> <ul style="list-style-type: none"> Body temp > 37.5-38 C Increased coughing Diarrhea Vomiting 	<p>EXERCISE</p> <p>No exercise</p>
DAY 3 OF ILLNESS		DAY 4 OF ILLNESS	
<p>✓ SYMPTOMS</p> <ul style="list-style-type: none"> No fever No malaise No worsening of initial symptoms 	<p>EXERCISE</p> <p>Moderate exercise by yourself, indoors</p> <p>45-60 minutes</p> <p>PULSE < 150 bpm</p>	<p>✓ SYMPTOMS</p> <ul style="list-style-type: none"> Fever and other symptoms improved 	<p>EXERCISE</p> <p>Wait 24 hours, then return to exercise</p>
<p>✗ SYMPTOMS</p> <ul style="list-style-type: none"> Fever and symptoms still present 	<p>EXERCISE</p> <p>Consult doctor</p>	<p>✗ SYMPTOMS</p> <ul style="list-style-type: none"> No symptom relief New symptoms appear 	<p>EXERCISE</p> <p>Consult doctor</p>

Printed by: Precision Nutrition

GYMTIMIDATION IS REAL

Does the gym intimidate you? If so, rest assured, you are not alone. Sweating in front of complete strangers may scare you or maybe you're afraid of not knowing what to do with the unfamiliar machines when you get there. For someone new to working out, the gym can be a very frightening and foreign place.

But it doesn't have to be that way. Remember, every single person in the gym had their "first day" at some point. The members who look like they know exactly what they are doing were once newbies too and had to learn how to set up and use the equipment properly, just like you. So give it some time and try a few of these tips.

Set up an orientation. Any member of our staff will be able to show you how each piece of equipment works and how to set it up properly. This will help you feel more comfortable and more confident. Ask questions if you have them.

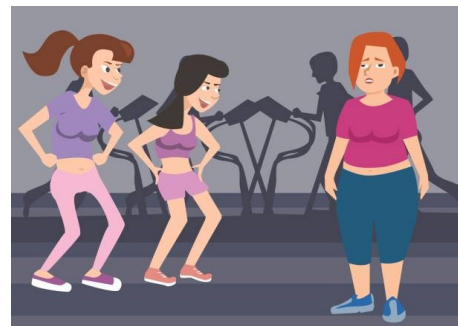
Don't worry about feeling like others are watching you. The majority of people going to the gym just want to get in, get their workout done, and get out. Watching others really isn't on their workout list. Do your own thing and you'll be fine.

Have a plan. Know what you want to accomplish from start to finish. Write it down or save it to your phone. Check out some of the workouts on line to give you examples of exercises and even full training sessions.

Join a class. Group exercise classes are a great intro to exercise at the gym. There's safety in numbers. Let the instructor know you are new and they will give you modifications if need be and explain any new moves.

Have a workout buddy. Having someone with you can help you feel less intimidated. Tag along with someone who has experience to show you the ropes or find a friend who is a newbie too and you can learn together.

Remember, doing something new is always a challenge. Finding your comfort zone at the gym may take a little time but I assure you, it's well worth it. Do your best to be your best!!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Easy Chicken & Rice Soup**

Nothing warms you up more on a cold winter day like homemade soup. This delicious recipe is easy and very tasty.

Ingredients:

1/2 rotisserie chicken	1 TB olive oil	1/2 cup finely diced onion
1/2 cup finely diced celery	1/2 cup finely diced carrot	2 cups low sodium chicken broth
3 cups low sodium veggie broth	1 tsp kosher salt	1/4 c. chopped fresh herbs
1 cup brown rice		

Directions:

1. Remove skin from chicken. Pick meat, both white and dark, from carcass and shred. Reserve the rest for a future meal.
2. Heat olive oil over a medium heat in a 4-quart sauce pan. Add the onion, celery, and carrot and cook until soft, about 5 minutes.
3. Add the chicken broth, vegetable broth, and salt to the pot and bring to a boil. Turn down the heat and simmer for an additional 10 minutes.
4. Add the chicken, rice and the fresh herbs and simmer for another 5 to 10 minutes.



*Recipe by Zero Belly