

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

February 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



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Vol. 26—Issue 2

AMERICAN HEART MONTH AND OUR FEBRUARY CHALLENGE

February is American Heart Month. Heart disease is the number one cause of death for Americans. Do you know how to keep your heart healthy to reduce your risk of heart disease? A healthy heart starts with you taking an active role in reducing your risk for heart disease by eating healthy, engaging in physical activity and keeping your blood pressure and cholesterol under control. Now is the perfect time to start some heart-healthy habits! To help promote a healthy heart, this month's BFC challenge will include both cardio activity AND healthy eating! Calendars with daily challenges for the entire month of February are available at the front desk.

Thanks to all of our members who participated in our January plank challenge!



“With
 A Healthy
 HEART..
 The Beat
 Goes ON.”

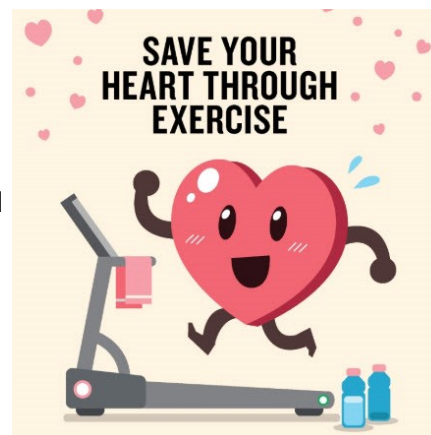
~ The Fresh Quotes ~

AGE	BEGINNER 60% - 70%		INTERMEDIATE 70% - 80%		ADVANCED 80% - 90%	
	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *	Beats/min	Beats/10 sec *
to 19	121 - 141	20 - 24	141 - 161	24 - 27	161 - 181	27 - 30
20 - 24	119 - 139	20 - 23	139 - 158	23 - 26	158 - 178	26 - 30
25 - 29	116 - 135	19 - 23	135 - 154	23 - 26	154 - 174	26 - 29
30 - 34	113 - 132	19 - 22	132 - 150	22 - 25	150 - 169	25 - 28
35 - 39	110 - 128	18 - 21	128 - 146	21 - 24	146 - 165	24 - 28
40 - 44	107 - 125	18 - 21	125 - 142	21 - 24	142 - 160	24 - 27
45 - 49	104 - 121	17 - 20	121 - 138	20 - 23	138 - 156	23 - 26
50 - 54	101 - 118	17 - 20	118 - 134	20 - 22	134 - 151	22 - 25
55 - 59	98 - 114	16 - 19	114 - 130	19 - 22	130 - 147	22 - 25
60 - 64	95 - 111	16 - 19	111 - 126	19 - 21	126 - 142	21 - 24
65 - 69	92 - 107	15 - 18	107 - 122	18 - 20	122 - 138	20 - 23
70 - 74	89 - 104	15 - 17	104 - 118	17 - 20	118 - 133	20 - 22
75 - 79	86 - 100	14 - 17	100 - 114	17 - 19	114 - 129	19 - 22
80 - 84	83 - 97	14 - 16	97 - 110	16 - 18	110 - 124	18 - 21
85 +	81 - 95	14 - 16	95 - 108	16 - 18	108 - 122	18 - 20

CARDIO CAN BE FOR ALL AGES

Cardio, also known as aerobic exercise, works your cardiovascular and respiratory systems (your heart and lungs), along with working the muscles that are powering your cardio activity. Cardio activities can be beneficial for ALL ages, even for older adults. Regular cardio activity can help improve your lung capacity, improve your cognitive performance, help you sleep, improve your mental health and reduce your risk of falling. As you age, your maximum heart rate declines and you may have more joint pain issues that need to be avoided. It's important to find the right cardio exercise for YOU. And even more importantly, find the right INTENSITY. Your cardio exercises should be catered to your own fitness level. It's important to find a healthy balance between cardio workouts that challenge your strength and endurance but aren't too intense, which can lead to injuries or burnout. If a challenging workout leaves you sore and achy that it's hard to walk for several days without pain, you likely pushed yourself too far. Alternatively, if your cardio doesn't cause **an increase in your heart rate and breathing**, you may not be experiencing the cardiovascular and respiratory exercise that can bring so many benefits.

All of the cardio machines in the Fitness Center can be adapted to fit into almost anyone's fitness routine, many of which have sensors that record your heart rate while exercising. Twenty minutes or longer is a good place to start with your cardio activity. If you don't know what heart rate to shoot for, check out the chart above.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy Oatmeal Muffins**

Muffins are a great way to get a healthy breakfast. These muffins are a healthy way to start your day off right!

Ingredients:

1 banana	1 egg	1 tsp vanilla extract	1/2 c almond milk
1/4 c maple syrup	1/2 c Greek yogurt	1 1/2 c rolled oats	1 tsp baking powder
1 tsp cinnamon	1/4 tsp salt		

*Optional Toppings: sliced strawberries, blueberries, dark mini chocolate chips, chopped walnuts

Directions:

1. Preheat oven to 350 degrees.
2. Mash banana in a large bowl until smooth and mix in all wet ingredients. Stir in dry ingredients until thoroughly mixed.
3. Pour batter into greased muffin tin, filling each tin about 2/3 full.
4. Top each muffin with toppings.
5. Bake for about 30 minutes or until a toothpick comes out clean. Enjoy!



*Recipe by Tasty Team