

### 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

# March 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 3

### BURKLEY FITNESS CENTER MARCH CHALLENGE

It's time for another monthly challenge! This month we will focus on total body exercises—burpees, push-ups, squats and planks! We want to help motivate you to be the best you can be so adding these challenges to your workout routine can definitely make you stronger. Monthly sheets are available at the front desk. Drawings for prizes to all participants will be held at the end of the month. Rise up to the challenge!



### SWIM LESSONS OFFERED

The BFC will once again be offering swimming lessons. Two instructors will be available—Val Snyder and Emily Woosley. Private lessons will cost \$90 for 8 lessons. Group lessons are \$50 per person for 8 group lessons. Swim lessons are for all ages. For more information, call the Fitness Center (402-729-6139) or stop by the front desk and pick up one of our swimming lessons instructor cards.



**March 13th**

### New Addition To Weight Room

Our free weight room now has a new squat/bench press rack. For safety reasons, members should ask the BFC staff before using. Spotters are recommended while using this rack. Come in and check it out!



**Weight Loss Is Not Meant To Be A Sprint. It's a MARATHON.**

### FAD DIETS—YOUR WORST ENEMY—By Jackie Wesch—PN Certified/BFC Supervisor

Was one of your New Year's resolutions to lose weight? If so, maybe you were/are tempted by what is called a "fad diet." Millions of Americans go on diets annually and about 50 percent use fad diets. And why not, right? I mean just imagine being able to lose weight without being concerned about calories or exercising—just follow the rules, drink their powdered products and the weight will just start to fall off. Sound too good to be true? It usually is. Unfortunately, there are no pills, powders or combination of foods that can magically burn fat. No "super food" (whatever that may be) is going to alter your genetic code, and your blood type can't affect your diet. Fad diets are all about money—tricking you into believing that you will lose weight with the least amount of effort as possible.

I will admit, some of these diets do work—for a **short period of time**. While you may lose a decent amount of weight initially, the restrictions imposed by fad diets are unhealthy and unrealistic to maintain-ultimately leading to failure. Plus, many of them are very expensive as you have to buy **their** products in order to lose the weight and keep it off. Several of these diets, I have observed, will eliminate certain food groups. Often, after people are deprived of these foods for so long, they end up binge eating which—you guessed it—results in even more weight gain!

If you want to lose weight and **keep it off**, you need to think of it as a marathon (long term) and not a sprint (short term). You need to be

mindful of nutritious eating, regular exercise and balancing calorie consumption with the number of calories your body uses. Eating whole, healthy foods, **having treats in moderation**, and adding more activity to your life will go a long way toward helping you reach and maintain a healthier weight and lifestyle.

Need more help? Contact BFC manager Jen Johnson or Precision Nutrition Certified Jackie Wesch. JCH&L also has a registered dietitian nutritionist on staff, Lisa Edeal, MS, RDN, LMNT, who can provide nutrition counseling.



Before



After



After-After

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Blueberry Pie Bars**

*Easy blueberry pie bars bursting with a delicious blueberry jam filling and the perfect oatmeal crumb topping. These yummy blueberry bars are gluten free and so easy to make. Everyone will love them!*

### **Ingredients:**

1 1/2 cups gluten free rolled oats	1 cup almond flour	2/3 cup brown sugar
1/2 cup butter, diced	3 cups blueberries	1/4 cup maple syrup
1 tsp vanilla extract	1/4 tsp cinnamon	2 TB lemon juice
2 TB arrowroot starch		

### **Directions:**

1. Preheat oven to 350 degrees. Line an 8x8 pan with parchment paper
2. Add almond flour, oats, sugar, and butter in a mixing bowl. Use your hands to work the butter into the flour mixture until well combined and forms a dough like consistency.
3. Press 2/3 of the crumb mixture into the 8x8 lined pan. Bake for 15 min, remove from oven, set aside.
4. In a med. saucepan, combine blueberries, maple syrup, cinnamon and vanilla over med. heat. Use a wooden spoon or potato masher to mash the blueberries. Bring mixture to a boil, lower heat and simmer for 10 min, stirring constantly.
5. When blueberries have all burst and turned a dark purple, whisk the lemon juice and starch in a small bowl. Turn off the heat and pour the starch mixture into the blueberries. Stir until it turns to a jam like consistency. Pour blueberry jam on top of crust and spread evenly. Sprinkle the remaining crumb topping evenly over jam. Bake at 350 for 25-30 min until jam is bubbly and the top is golden brown. Cool completely then slice into squares.

\*If using frozen blueberries, thaw then drain extra liquid. Use more starch to thicken if needed.

\*Recipe by All the healthy things

