

### 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

# August 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 8

## FITNESS IS FUN

The Burkley Fitness Center and Jeffs Gone M.A.D. will be sponsoring 2 fun-filled days for kids entering Kindergarten through the sixth grade. It will be an afternoon of Fun and Fitness with games, fitness activities and a healthy snack to help jumpstart kids to a lifetime of healthy habits.

Two separate dates are scheduled based on age groups:

Kids entering grades K-2—Thursday, August 4.—1 p.m. to 4 p.m.

Kids entering grades 3-6—Thursday, August 11—1 p.m. to 4 p.m..

Event will take place at the Burkley Fitness Center. Cost is \$3 per child and **pre-registration is required.**

For more information or questions, please stop by the Fitness Center or call 402-729-6139 and ask for Jen Johnson. Fitness is fun at any age! Start creating good habits for your kids today!



## POOL AND SPA ANNUAL MAINTENANCE DATES

Our annual pool and spa maintenance for 2022 will begin on Friday, Aug. 26. Both the pool and spa will be CLOSED during the maintenance process. Re-opening is scheduled for Sept. 12. Updates will be posted on the white board at the Fitness Center entrance and on Facebook. Please keep updated on the repainting process as the fumes in the Fitness Center can be rather strong.

If you use our pool regularly and want to stay active during this time, feel free to try out our cardio and weight training equipment or join one of our many classes. Our staff will be happy to assist you in any way possible.

Maintaining our pool and spa is essential and doing it as this time of year allows us to minimize down time during our busier winter months. We appreciate your patience on this matter.



## DID YOU KNOW.....

Walking is the most popular way to stay active in the United States? Walking at a brisk pace can burn almost as many calories as jogging the same distance. Also, you use roughly 200 different muscles when you take a single step!



Improve your fitness one step at a time!

***Don't limit your challenges,  
Challenge your limits.***

## IT'S ALL ABOUT THE MUSIC—By Jackie Wesch, BFC Supervisor, Certified by Precision Nutrition & NSCA

There's not many people in the gym these days that don't have some sort of listening device in or over their ears. I have to admit, I'm one of them. Listening to music during my cardio sessions is an absolute must for me. Working out without music is, well...boring. Time on any particular machine just seems to drag by. Research has shown that listening to music while exercising not only makes it more enjoyable, but it also increases stamina and motivates you to go further and workout harder. A recent survey found that 66% of gym goers would actually skip their workout altogether if they couldn't listen to music. And a 2015 study in Sports Medicine, also proved subjects who listened to music while exercising logged an average 70% more time working out than those who didn't jam out. That may be a bit extreme, but for me, my music is my motivation. My playlists consist of songs that have specific beats per minute (BPM) so I can move to the beat of the song. Syncing music in time with cardio machines helps me to increase my intensity by keeping up with the beat.



Music can get you pumped up and it can also help make you "show up" as it makes your workout go so much faster and makes it more enjoyable. What makes a perfect song for exercise? Tempo and personal preference is key. Songs we know and love will naturally get us moving.

Even if you don't want to exercise to the beat of the music, just listening to your favorite tunes with different beats can help make the time go by much faster while you are on any cardio machine or even while you are lifting weights. Give it a try!

CHANGE SERVICE REQUESTED

## Recipe of the Month: Spaghetti Squash Meatball Casserole

It's that time of the year where spaghetti squash is abundant! This lighter and healthier version of this comfort food features lots of veggies but has the same beloved flavors with more nutritious ingredients!

### **Ingredients:**

1 med. Spaghetti squash (about 4 lbs)	1/2 tsp salt, divided	1/2 tsp fennel seed
1/4 tsp ground coriander	1/4 tsp dried basil	1/4 tsp dried oregano
1 lb lean ground beef	2 tsp olive oil	1 med. Onion chopped
1 clove garlic, minced	2 c. chopped collard greens	1 c. fresh spinach, chopped
1 c. reduced fat ricotta cheese	2 plum tomatoes, chopped	1 c. pasta sauce
1 c. shredded part skim mozzarella cheese		

### **Directions:**

1. Cut the squash lengthwise in half; discard seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high until tender—15 to 20 minutes. Cool slightly.
2. Preheat oven to 350. Mix 1/4 tsp salt with remaining seasonings; add to beef, mixing lightly but thoroughly. Shape into 1 1/2 inch balls. Brown meatballs in skillet over medium heat; remove from pan.
3. In same pan, heat oil over med. heat; saute onion until tender, 3-4 minutes. Add garlic, cook and stir for 1 minute. Stir in collard greens, spinach, ricotta and remaining salt. Remove from heat.
4. Using a fork, separate strands of spaghetti squash; stir into greens mixture. Transfer to a greased 13 x 9 inch or 3 quart baking dish. Top with plum tomatoes, meatballs, sauce, and cheese. Bake, uncovered, until meatballs are cooked through, 30 to 35 minutes.



Recipe by Taste of Home