

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

July 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 7

BURKLEY FITNESS CENTER JULY CHALLENGE

This will be month number 7 for our 2022 fitness challenges. In July we will do a AMRAP challenge. AMRAP stands for “as many reps as possible”. There will be single exercises and full body workouts to complete as many reps as possible in a pre-determined amount of time. If you have never done a HIIT (high intensity interval training) workout, this challenge will give you a good idea as to what it’s all about. Or you can set your own pace and lower the intensity. It’s totally up to you! It’s all about having fun and getting into shape! Good Luck!



DID YOU KNOW.....

Only 10% of people are successful at losing weight through diet alone? Although weight loss should not be the sole purpose of exercise, when combined with diet, it is the **best** way to lose weight!



SWIMMING POOL ETIQUETTE

We are asking all of our members to please follow proper swimming pool etiquette while using our pool. This includes no running, no diving and no rough housing. Please be aware of other members in the pool and respect their space. Stay out of lanes that lap swimmers may be using. If you get any equipment out, please return it when you are finished. Pool regulations are posted inside the pool area. Thank you for following these rules so all members can enjoy our fine heated pool!

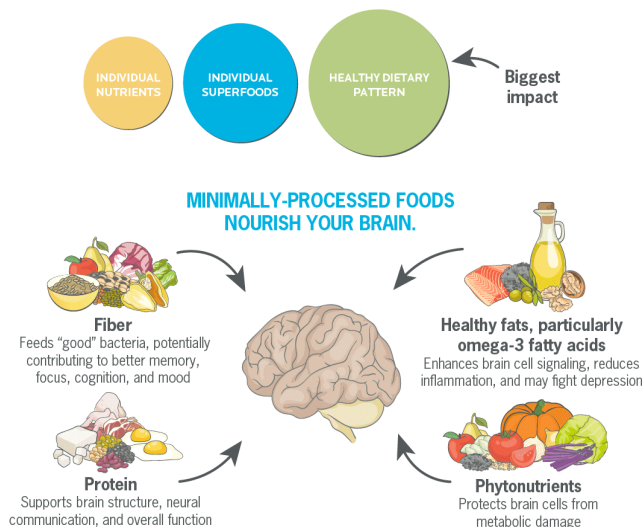
WHAT SHOULD I EAT FOR MENTAL HEALTH?!

Discover how food can affect your mood and cognitive capacity.

Article by Precision Nutrition

1 FOCUS ON YOUR OVERALL DIETARY PATTERN.

Consistently eating a wide variety of minimally-processed foods influences mental and emotional health much more than consuming any specific nutrient or superfood.



TO EAT FOR MENTAL AND EMOTIONAL HEALTH, USE A CONTINUUM APPROACH.

EAT MORE

- Colorful fruits and veggies
- Fatty fish and eggs
- Whole grains
- Legumes
- Potatoes and sweet potatoes
- Tofu and tempeh
- Lean meat and poultry, insects
- Greek yogurt and cottage cheese (plain, cultured)
- Nuts, seeds, and olives
- EVOO, avocado, or walnut oils
- Water, plain (still, sparkling)
- Coffee, plain
- Tea, plain (especially green, white, and black)



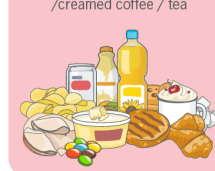
EAT SOME

- Uncultured cottage cheese
- Medium-lean meats
- Meat jerky
- Refined lean meat (e.g. sausage)
- Protein powder
- Refined grains (e.g. white rice, white bread, instant oats)
- Flavored yogurt
- Dark chocolate
- Cheese, fresh
- Milk
- Vegetable juices
- Unsweetened plant milks



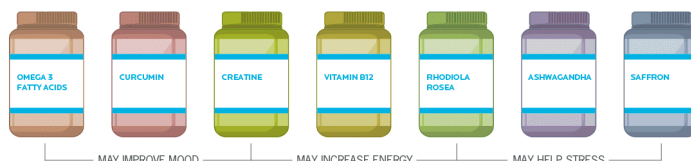
EAT LESS

- Sweets
- Chips
- Fried foods
- Processed deli meats
- High-fat meats
- Plant-based meats
- Sugar
- Margarine and butter
- Processed cheese
- Hydrogenated oils and trans fats
- Fat rich foods with 10+ g sugar
- Soda
- Sweetened plant milks
- Heavily sweetened /creamed coffee / tea



WHAT ABOUT SUPPLEMENTS?

A wide range of substances may boost the effects of a healthy dietary pattern, especially if you are deficient. Make sure to talk to your doctor about the pros and cons.



Self care is how you take your power back!

CHANGE SERVICE REQUESTED



Recipe of the Month: **Patriotic Pops**

This July 4th, treat the kids (and yourself) with this fun and healthy frozen pop.

Ingredients:

- 1 3/4 cups vanilla yogurt, divided
- 2 TB honey, divided
- 1 1/4 cups sliced strawberries, divided
- 1 1/4 cups fresh or frozen blueberries, thawed, divided
- 12 freezer pop molds or 12 paper cups (3 ounces each) and wooden pop sticks

Directions:

1. Place 2 tablespoons yogurt, 1 tablespoon honey and 1 cup strawberries in a blender. Cover and process until blended. Remove to a small bowl. Chop remaining strawberries. Stir into the strawberry mixture.
2. In blender, process 2 tablespoons yogurt, remaining honey and 1 cup blueberries until blended. Remove to another bowl. Stir in remaining blueberries.
3. In each mold, layer 1 TB strawberry mixture, 2 TB yogurt and 1 TB blueberry mixture. Top with holders.

*If using paper cups, top with foil and insert sticks through the foil.
Freeze until firm.



Recipe from Taste Of Home