

**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

October 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 10

## OCTOBER IS NATIONAL CHILDRENS HEALTH MONTH

We all want our kids to be healthy, and Children's Health Month is all about observing exercises to increase people's awareness to protect and develop children's health in the United States. Taking the right steps to ensure a healthy childhood is very important, as good health practices are more likely to succeed when they begin during the younger years. If you are looking for ways to improve your child's health, here are a few ideas.

1. **Go Outdoors!** Natural environments and spending time in "green" has shown to have a positive impact on a child's mental and physical health. Make it even better by getting active outside. Ride bikes, go for a hike, or just play in the yard. Movement of any kind is one of the best things for a child.
2. **Increase Your Fruits and Veggies.** Fruits and vegetables both contain essential nutrients needed for growth and good health in kids. Of course, they are good for adults too! Set an example for your kids and include plenty of these in your everyday meals and snacks.
3. **Oral Health is Important.** Taking good care of your child's teeth not only helps them have strong healthy teeth, but also freshens breath and improves gum health. Try to get your kids in the habit of brushing in the mornings and in the evenings before they go to bed.
4. **Vaccinate.** Immunizations are a way of creating immunity to certain diseases. Many of these diseases can be crippling or even deadly. Vaccinations are safe, cost-effective and not only protect your child but others around them.

We can all set good examples for our children by eating right and exercising. And don't forget about mental health. Teaching your children how to manage stressful situations and keep a positive state of mind is very important too. Lets all think about the physical and mental health of our kids this month and form good habits that can last a lifetime.



## HEALTHY HABITS

One of the most damaging myths in the fitness industry is that getting in shape requires a huge lifestyle change. Fact is, you've probably already built a lot of healthy habits, even if you don't realize it.

Getting into shape doesn't have to consume your entire day. Just making a conscious effort in a few areas can make all the difference. Eat right and keep moving!

## 6 healthy habits you've already built (but don't know it yet)

Maybe you....

1. Know how to cook a few basics

2. Take the stairs

3. Enjoy some types of movement

4. Are willing to ask for help.

5. Use a reminder system to get things done

6. Know people willing to help you succeed

## Did you know..

You use over 200 muscles just to step forward?

Walking is one of the best ways to improve your fitness!



## TRICK OR TREAT AT BFC

The Burkley Fitness Center will have treats for all the trick or treaters this Halloween! So stop by and pick up a healthy treat from us on Oct. 31. Happy Halloween everyone!



CHANGE SERVICE REQUESTED

## Recipe of the Month: **Apple Cider Pork Chops**

These apple cider pork chops are a must for fall family dinners. Serve them with buttered egg noodles to soak up more of the delicious sauce. This recipe is also very easy to double when company pops in.

### **Ingredients:**

2 TB olive oil	6 boneless pork loin chops	1 garlic clove, minced
1 TB Dijon mustard	1 tsp honey	1/2 tsp apple pie spice (optional)
1/2 tsp ground pepper	1/4 tsp dried thyme	1/4 tsp salt
1 c apple cider	1 TB plus 1 tsp cornstarch	2 TB water

### **Directions:**

1. In a large skillet, heat olive oil over medium heat. Brown pork chops on both sides.
2. Meanwhile, in a small bowl, combine garlic, mustard, honey, pie spice, pepper, thyme and salt; stir in apple cider. Pour over pork chops in skillet. Reduce heat to medium-low, cook until a thermometer inserted into chops reads 145—about 4 to 5 minutes. Remove chops from skillet; let stand for 5 minutes.
3. In a small bowl, mix cornstarch and water until smooth; stir into cider mixture in skillet. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Pour over chops; sprinkle with fresh parsley. Serve with buttered noodles.



Recipe by Taste of Home