

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

September 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 9

SEPTEMBER IS "FRUITS & VEGGIES—MORE MATTERS" MONTH

Fruits and veggies are vital for a well-rounded, healthy diet. So let's celebrate "Fruit and Veggies" month by heading to the produce section of our grocery store! Increased fruit and vegetable intake is associated with lower mortality rates, supporting the current dietary recommendations to incorporate more fruits and vegetables into a daily diet. The sad truth is that most Americans do not eat anywhere near the recommended amount in their daily food intake and their nutrition could be suffering as a result. The 2022 theme is "Celebrating The Roots of Our Food" as fruits and vegetables are the root of our diets as well as our health and well-being. As a rule, try to get 4 to 5 helpings each day, focusing on different fruit and veggie colors each day. Be on the look-out for free samples in the Fitness Center throughout the month.



**SEPTEMBER IS NATIONAL
FRUITS & VEGGIES
MONTH** #NFVM2022 #haveaplant

Let's all try to make a conscious effort this month (and throughout the year) to appreciate the goodness that these types of foods have to offer.

Maintenance Reminder

The annual maintenance for the pool and spa begins Aug. 26. The pool and spa will remain closed until the painting/cleaning is complete. A tentative re-opening date is scheduled for Monday, Sept. 12. Any changes in the re-opening date will be posted on the white board at the Fitness Center entrance and on Facebook.



We understand that many of our members use the pool and spa and we will do our best to re-open as soon as possible. We thank you for your patience. Please feel free to call the Fitness Center with any questions you may have.

Labor Day Hours

JCH&L Burkley Fitness Center will be open from 6 a.m. until 2 p.m. on Monday, September 5—Labor Day. Normal hours will resume on Tuesday.



IS YOUR DIET WORKING?

The best way to tell if your diet is working?

Just ask yourself:

🤔 "How's this working for ME?"

If you feel strong, healthy, and energetic, you're on the right track

Whether your diet looks like this...



...Or like this...



If it makes you feel like this...



It's working.

FITNESS IS FUN—A HUGE SUCCESS

The first "Fitness is Fun" sessions for youths in Kindergarten to sixth grade were completed in August. According to BFC Manager Jen Johnson, this very successful program is important in giving our youth the tools they need to be successful in building healthy habits. "This is a large reason why I wanted to do something strictly for youth here at the BFC," she said.



Our JCH&L Dietitian/Nutritionist Lisa Edeal assisted in the two Fitness is Fun events. The two major factors of overall wellness—movement (exercise) and fueling our bodies (nutrition and hydration) were discussed. Jen feels that building this foundation is crucial in creating total wellness. "The BFC has always promoted wellness for all ages. Whether you're 5 or 85, there are ways you can improve your health through movement and proper nutrition. I want to stress to the youth in our community that our bodies were made to move and that exercise is fun, not a punishment!" Johnson said.



Be on the look-out for future dates of our Fitness is Fun program!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy Apple Crisp**

This wonderful apple crisp is naturally sweetened with maple syrup instead of sugar and topped with a crunchy oat pecan topping. The perfect way to use up all those fall apples!

Ingredients:

For the Topping:

1/3 c. whole wheat pastry flour (or regular flour) 1/2 c. old fashioned rolled oats 1/4 tsp salt
1/3 c. dark brown sugar 1/2 c. raw chopped pecans 1/4 tsp cinnamon
1/4 c. cold butter or vegan buttery stick, cut into very small cubes (can also use coconut oil)

For the Crisp:

5-6 medium Honeycrisp or Granny Smith apples, peeled, and sliced very thin
1/3 c. pure maple syrup 1 tsp cinnamon pinch of nutmeg 1 TB bourbon or pure vanilla ext.

Directions:

1. Preheat oven to 350 degrees and generously grease an 8x8 baking pan.
2. Topping: combine the flour, oats, brown sugar, cinnamon, salt and pecans in a large bowl until well combined. Add in the pieces of butter and use your hands to squeeze and combine until the mixture becomes crumbly and resembles wet sand. Once finished, place topping in the fridge and begin filling.
3. To make the filling: place apples, maple syrup, cinnamon, nutmeg and bourbon (or vanilla) in a large bowl and toss to combine. Allow to sit for 5-10 minutes.
4. Take 1/3 of the topping mixture and toss with the apple mixture. Place the apple mixture in a prepared pan and sprinkle evenly with topping. Bake 45-55 min. or until topping is golden brown and filling is bubbling. Remove from oven and cool on wire rack.

Recipe by ambitious kitchen