

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

November 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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GREAT CLASSES OFFERED AT BFC

With cooler temps driving us indoors for more of our workouts, staying motivated is sometimes very difficult. And it's no secret that winter weight gain is a common problem for the vast majority of most Americans. While it's ok to back off on the intensity of your workouts once in a while, skipping workouts, gaining weight and/or "letting yourself go" during the winter months only makes it harder to set things right again come spring.

The BFC is a great place to help combat that weight gain and joining one of our many fitness classes has many advantages. If you're on the fence about joining one of our classes, here are a few reasons why you should consider a group fitness class.

As mentioned before, it can be difficult to stick to a regular workout routine when you're working out by yourself. It's generally easier to **find motivation when you're working out with a group of people**. This is because when you see other people pushing themselves next to you, it will motivate you to push yourself further, too. In that way, motivation is contagious in a group fitness setting! Plus, a group class instructor will make sure you **learn proper form**.

If you are at all unsure about how to put your own workout together, group fitness classes will give you a **more structured and intense workout**. It's all put together for you so all you have to do is show up and do it!



If you're still not convinced a group class is for you, just remember when you workout on your own, there's no one to **hold you accountable**. So if you have a tendency to skip workouts, a fitness class will more than likely hold you more accountable. People are more likely to notice if you've skipped classes. Many great friendships can develop through a group fitness class.

Is group fitness right for you? At the Burkley Fitness Center we offer a wide variety of classes for all fitness levels for you to choose from. All fitness classes are free to members and if you want to bring a friend that's not a member, their first class is **free!** If you want to learn more about our classes, check out our class schedule at the front desk to see what group class could be the best fit for you.

We've recently added an evening water class once again. It meets Mondays and Thursdays at 5:30 p.m. Our instructor is Sammie Lange. Come check out Evening Water Exercise—or any of our other great classes!

Did you know.....

If you want to increase your muscle strength, doing workouts in the cold probably won't help. Muscles work best at hot temperatures. When muscles get cold, the force they can produce decreases. You are also more likely to get injured in the cold, but the extra risk of injury is reduced if you warm up properly.



HOLIDAY HOURS

Wednesday Nov. 23
Open 5 a.m. to 5 p.m.

Thanksgiving Day
CLOSED

Friday, Nov. 25
Open 5 a.m. to 5 p.m.



Tips For A Healthier Thanksgiving

1. Try to get some exercise before the big meal. There are many "Turkey Trots" that take place each Thanksgiving. You can run, jog or walk—just get moving!
2. Don't skip breakfast. If you are overly hungry you will most likely overeat.
3. Stay hydrated and not with alcohol! Drink plain water up until the meal then limit your alcohol intake. There are a lot of calories in most alcoholic drinks.
4. Be picky about which dishes you want to try. Try to pick the "healthiest" ones if you can. Only take seconds on lean meats and veggies.
5. Slow down, savor your food and enjoy being around family and friends.
6. Start a healthy tradition of taking a walk after your meal, no matter what the weather is outdoors.
7. Pick pumpkin for dessert! It's nutritious and has less calories than most other desserts!

**Be THANKFUL for what you are now
and keep fighting for what you want to be!**

HAVE A SAFE AND HEALTHY HOLIDAY!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Thanksgiving Lover's Pizza**

For your Thanksgiving leftovers, try this unique take on Pizza. Get creative with different variations: use cranberry sauce, add dollops of mashed potatoes or drizzle with turkey gravy!

Ingredients:

1 TB olive oil	1 large sweet onion, thinly sliced	2 c shredded cooked turkey
1 1/2 tsp dried thyme	1 1/2 tsp rubbed sage	1/2 tsp salt
1/4 tsp pepper	1 pre-baked pizza crust	1/2 c whole berry cranberry sauce
1/2 tsp dried rosemary, crushed		1 c mozzarella cheese
1 c shredded Gruyere cheese	1 med sweet potato, baked, peeled and thinly sliced	

Directions:

1. Preheat oven to 425 degrees. In a large skillet, heat oil over medium-high heat. Add onion; cook and stir 6-8 minutes or until tender. Stir in Turkey, thyme, sage, salt and pepper.
2. Place crust on an ungreased 12 inch pizza pan or baking sheet. To with cranberry sauce, turkey mixture, sweet potato, cheeses; sprinkle with rosemary. Bake 10-15 minutes or until cheese is melted.
3. Remove from oven and let stand 5 minutes. Cut into desired sized pieces.

