

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

January 2023



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. 27—Issue 1

WHO WILL YOU BE IN 2023?

Happy New Year everyone! It's that time of year where millions of Americans make resolutions with good intentions of actually following through on them. Despite our best intentions, most of us usually give up on our resolutions after only a few short weeks. So why is it so difficult to stick to resolutions?

There are a million reasons why most resolutions don't stick so let's figure out what can be done about this.

Are you setting realistic goals? Remember that in order to accomplish something new, you must change your behavior in some way. If the behavior change is too drastic, you may be setting yourself up for failure. Make sure your goals are attainable for the long term.

You MUST have a plan! Great planning is always required for a good implementation. Do you want to lose weight? How are you going to do it? It will take proper eating habits and exercise. Make sure you figure out these two things before you even start. Write everything down and make adjustments when needed. It is more realistic if you plan the action steps around the resolution, break them down into smaller pieces, and schedule them on the calendar. This boosts your chances of success, especially when it comes to a long term goal like losing weight.

Know your "why." Is your why unclear? The "why" is what motivates people to take action and achieve goals.

You may know what you want, but you won't be able to figure out how to get it unless you know why you want it. All excuses go away when the purpose is strong, and one naturally switches from a fixed attitude to a growing mindset.

We all know that actually following through on your resolutions take consistency and dedication. Don't allow your past failures to dictate your future. Every small victory should be celebrated because it motivates you to work harder for even larger ones.

And don't be too hard or too easy on yourself. Enjoy the transformation and the process of change. Remember, winners and losers have the same goals; it is what one does to fill the 'gap' in between that makes all the difference. **Who will you be in 2023?** A quitter? An achiever? A motivator? A winner?

**What the new year brings to you will depend
a great deal on what you bring to the new year.**



NEW PILATES-BASED CLASS

If you are looking to strengthen muscles, improve postural alignment and increase your flexibility, join our new **Midday Mobility** Pilates-based class!

Classes will be held on Tuesdays and Fridays from 12:15 p.m. to 12:45 p.m. The first class will begin on Jan. 3, 2023.



Participants of all fitness levels are welcome. Classes are free to JCH&L Burkley Fitness Center members. First class is free to non-members. After the first class, non-members will have to purchase a daily guest pass each day they attend class or buy a 7 visit punch card for \$25.

New year—new you—new class!!!

DID YOU KNOW....

That only about 16 percent of those making a New Year's resolution actually follow through? The majority give up within one to six weeks of starting, and many of those resolutions are repeated year after year.



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CHANGE SERVICE REQUESTED

New Year's Hours:
 Saturday, Dec. 31: 7 a.m. to 5 p.m.
 Sunday, Jan. 1: 1 p.m. to 5 p.m.
 Monday, Jan. 2: 5 a.m. to 5 p.m.

Recipe of the Month: **Healing Chicken Soup**

When you're feeling under the weather, this nourishing soup will help you feel better. Packed with anti-inflammatory ingredients like ginger, turmeric and garlic.

Ingredients:

- | | | |
|--------------------------------|---------------------------------|-------------------------------|
| 1 TB avocado or olive oil | 6 cloves minced garlic | 1 yellow onion, diced |
| 2 large carrots thinly sliced | 2 stalks celery roughly chopped | 1 TB fresh grated ginger |
| 1 tsp ground turmeric | 6 cups low sodium chicken broth | 1 lb. boneless chicken breast |
| 1 tsp freshly chopped rosemary | 1 tsp freshly chopped thyme | 1/2 tsp salt |
| Freshly ground black pepper | 1 c pearl or Israeli couscous | 2/3 c frozen peas |

Directions:

- Place oil in a large pot over med/high heat. Once oil is hot, add garlic, onion, carrots, and celery; cook for a few minutes until onion becomes translucent.
- Next add in grated ginger and turmeric. Saute for 30 seconds to let the spices cook a bit then add in the chicken broth, chicken breast, rosemary, thyme, salt and pepper.
- Bring soup to a boil, then stir in couscous. You'll want the chicken to be covered by the broth so make sure you stir it down to the bottom.
- Reduce heat to medium low and simmer uncovered for 20-25 minutes or until chicken is fully cooked.
- Once chicken is cooked, remove with a slotted spoon and transfer to a cutting board to shred with two forks. Add chicken back to pot then stir in frozen peas. If you find that you don't have enough broth, feel free to add in another cup. Taste and adjust seasonings, if desired. Makes 6 servings.

