

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

February 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 2

FEBRUARY IS HEART MONTH

Heart disease is the leading cause of death for both men and women in the United States. To prevent heart disease and increase awareness of its effects, the American Heart Association has designated February American Heart Month. The Burkley Fitness Center wants to help everyone become heart healthy by promoting heart healthy habits all month long. This month we are challenging you to eat better AND exercise more. We have created a month long calendar with daily nutrition and exercise routines. Calendars can be picked up at the front desk. The more days of the calendar you complete, the more you win!



A healthy heart starts with you taking an active role in reducing your risk for heart disease by eating healthy and engaging in physical activity.

NO BEAUTY SHINES BRIGHTER THAN A HEALTHY HEART!

NEW YEARS RESOLUTIONS—HOW ARE YOU DOING?

It's the second month into the new year. How are you doing with your New Years Resolutions? Do you feel you've already failed? Failure is a pretty strong word. Maybe you just need to re-evaluate, get a better plan and start over. You can get a fresh start on any day you choose—next Monday or next month. Improving habits is all about changing automatic behaviors. Get bored and you check your phone. Finish dinner and you make a beeline for the couch. One of the best ways to break these patterns is to make **"cue-based plans"**. Such as, when you finish dinner, take a walk if you have made "exercise more" one of your resolutions. To really set yourself up for success, add some fun to the mix. If you can figure out how to make something feel enjoyable in the moment, instead of 'Oh God, that was so painful,' it's less of an uphill battle. For example, if you want to exercise more, try streaming your favorite show during your workout. Soon enough, your healthy new habits will come as naturally as your older ones.

If you started 2023 off by vowing to eat healthier, you may have opened up your pantry and done a clean sweep of anything ultra-processed or high in sugar. But unless you have replenished your shelves with other foods to eat, you're setting yourself up for failure. Also, if you have overly restricted your diet, you probably won't stick with it. After all, you have to eat something. So what's the plan? Your best bet is to 1: replace all the processed foods you got rid of with healthy non-processed foods. 2: don't get overly hungry to where you will eat almost anything in sight and then you can 3: take the time to make good, nutritious meals. And once you are finished with your meal, stay out of the kitchen and don't snack. Snacking is known to add many unneeded calories to your diet. Have a cue-based plan for your eating too. For example, when your evening meal is over, pack up the leftovers, leave the kitchen and don't return until the morning for breakfast.



REMINDER: All youth under the age of 14 wanting to use the BFC must be accompanied by a parent or adult chaperone at least **16 years old**. For the pool, the NE State Health Department regulations require that **ALL** youth/children under the age of 16 have an adult in the pool area while swimming. We appreciate your cooperation.

DID YOU KNOW....

There is no magic number to getting habits to stick. You might have heard that it takes 21 days to form a habit, but there are really no studies that support this claim. There's no magic number for getting habits to stick. It can take anywhere from 18 to 254 days. The good news is that a change in behavior happens faster when we **stick with it**, so breaking down a larger goal into smaller more achievable goals will create a habit faster. For example, start an exercise plan by walking for just 5 minutes. Increase your time daily or weekly, **just keep doing it!** As you rack up little successes, you can aim higher when confidence.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Raspberry Oatmeal Bars**

Fresh raspberries and honey make these bars so delicious! For a gluten free option, use gluten free rolled oats.

Ingredients:

1 1/2 cups rolled oats (can use gluten free)	1 cup almond flour	2/3 cup dark brown sugar
1/2 cup butter (softened) OR coconut oil	12 oz fresh raspberries	1/3 cup honey
1 tsp vanilla extract	2 TB lemon juice	2 TB arrowroot starch

Directions:

1. Preheat oven to 350 degrees.
2. Add the almond flour, oats, sugar, and butter in a mixing bowl. Use your hands to work the butter into the other ingredients until it is well combined and forms a dough like consistency.
3. Press 2/3 of the crumb-crust mixture into an 8x8 pan lined with parchment paper. Bake the crust of 15 minutes, remove from the oven and set aside.
4. In a medium saucepan, combine the raspberries, honey and vanilla over medium-high heat. Use a wooden spoon to mash the raspberries and break them down. Bring the mixture to a boil and then boil for 5 minutes while stirring constantly.
5. When the raspberries have all burst and deepened in color, whisk the lemon juice and arrowroot starch in a small bowl and make a slurry. Turn off the heat and pour the slurry mixture into the raspberry mixture. Stir until the raspberries have thickened into a jam-like consistency.
6. Pour the raspberry jam on top of the crust and use a spatula to spread it evenly over the crust. Sprinkle the remaining crumb topping evenly over the jam. Let the bars bake at 350 for 25 to 30 minutes until the jam is bubbly around the edges and the top is golden brown. Cool completely then cut into squares.

