

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

March 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 3

MARCH MADNESS CHALLENGES



The Burkley Fitness Center is going mad this March! This month is all about a variety of challenges. Our cardio challenges will be on the step mill, treadmill, and rowing machine. There will be several strength challenges to pick from for both upper and lower body.

Categories are men under 40, men 40-64 and men 65+; females under 40, females 40-64 and females 65+. Prizes will be given to the top 3 in each category and all

participants will need to have proof of score by video or it must be verified by a BFC staff member. Leaders of each category will be posted on the front wall.

For more information, contact the BFC at 402-729-6139 or stop by the front desk. Sheets will be available with all the rules and various challenges.

Jump into spring by going mad this March!! Let's be competitive and have some fun!!



EVENING FLEX AND STRETCH

The Burkley Fitness Center is now offering a new evening Pilates-based class, which starts Monday, Feb. 27. This class is designed to strengthen muscles, improve postural alignment and flexibility and provide deep stretching.

New participants are welcome! First class is free—even if you are not a fitness center member. Classes are free to all BFC members. After the first class, all non-members will need to purchase a guest pass each day they attend class (\$7) or a punch card for \$25 (7 visits). Class instructor is Sammie Lange. Come join us for an invigorating Pilates-based workout!



DID YOU KNOW....

Walking briskly burns nearly as many calories as jogging? You don't have to go fast to see benefits. While running is still the best calorie-burner, taking a brisk walk can almost burn as many calories and jogging slowly. If you're concerned about high impact exercises and joint health, increasing the incline — adding more hills if your walking outdoors—for your walk is a better choice than picking up the pace. Keep walking for better health!



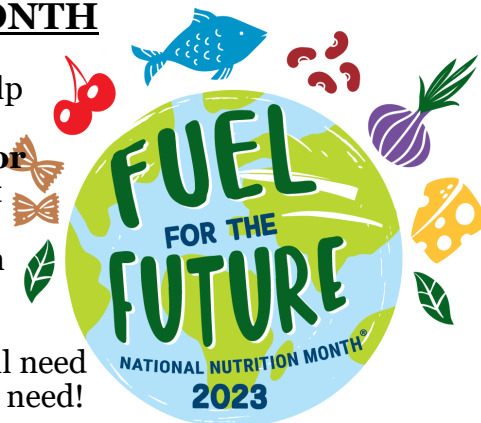
LOST AND FOUND ITEMS

Looking for something you may have lost? Check out our lost and found box located in the back of the fitness center by the towel rack. As a reminder, all items left in the box will be donated to charity at the end of each month. All lost items are the responsibility of BFC members.



MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month is celebrating its 50th anniversary this year! It was created 50 years ago by the Academy of Nutrition and Dietetics to help us all learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future". With this in mind, we all need to create healthy habits that are sustainable and help nourish us during every phase of life and protect the environment. Eating more plant based meals and snacks with minimal packaging is a great way to start. Also, everyone needs to learn how our nutrient needs may change as we age. Avoid fad diets that promote unnecessary restrictions as these are very hard to sustain. We all need to practice gratitude for our bodies by giving our bodies the best fuel they need!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Air Fryer Chicken Parmesan**

Air fryers are a great way to cut calories but still have all the flavor of fried food.

Ingredients:

2 boneless skinless chicken breasts, halved horizontally (or 4 cutlets)		1 tsp salt
1/2 tsp ground black pepper	1/3 cup flour	2 tsp garlic powder
2 large eggs, lightly beaten	1/2 c panko breadcrumbs	
1/2 c ground Parmesan cheese—plus more for garnish		1 TB Italian seasoning
Non-stick cooking spray	1 c marinara sauce	4 slices mozzarella cheese

Directions:

- Season the chicken on both sides with salt and pepper. Set aside.
- Stir together the flour and garlic powder in on shallow bowl. Add eggs to a second shallow bowl. In a third shallow bowl, stir together the panko, Parmesan and Italian seasoning.
- Working with one piece of chicken at a time, dredge it in the flour, dip in the egg, then coat with the panko mixture, pressing as needed. Repeat until all of the chicken pieces are breaded. Spray the breaded chicken with nonstick cooking spray on all sides.
- Place the chicken pieces in the single layer in the air fryer basket, with about 1/2 inch of space between them. Cook in the air fryer set at 375 for 6 minutes. Then flip and continue to cook for 6 minutes more.
- Open the air fryer basket and spoon about 2 tablespoons of marinara onto each piece of chicken. Top each with one mozzarella slice. Return to the air fryer and cook until cheese is golden brown and bubbly, about 3 minutes. Garnish with freshly chopped basil.



**Finely ground store-bought Parmesan cheese is best for this recipe—needs to be light and powdery to stick to chicken.