

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

April 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 4

APRIL IS NATIONAL HUMOR MONTH

Everyone needs to laugh once in while, so to honor National Humor Month, here a few fitness jokes that are sure to make you smile. A bit of laughter can be a great motivator, especially when you are in the middle of a tough workout. We all know it's hard to keep up a fitness routine, stay healthy, and lose weight. Sometimes being able to laugh at it can make all of that a little bit easier. After all, laughing can burn calories too! Hopefully some of these will at least put a smile on your face.

1. I always start my gym sessions with 20 minutes of stretching, pulling, and bending. Then I've finally got my gym clothes on and I can start my workout.
2. There's a great new machine at my gym. I felt sick after I'd used it for an hour, but it's got everything: Doritos, Snickers, Mountain Dew...
3. Why did the cheeseburger get a gym membership? He wanted bigger buns!
4. What was the hair stylist's favorite exercise? Curls!
5. Why did the rooster keep going to the gym? He was working on his pecks.
6. I don't hate leg day. It's the two days after that I can't stand.
7. I just saw a real idiot at the gym. He put a water bottle in the Pringles holder on the treadmill.
8. The guys at the gym called me a fat loser. It's really great how they notice my effort.
9. I started going to the gym in my tuxedo, everything went well except the weight lifting. It's not my strong suit.
10. This morning I jogged around the block 15 times. Then I picked it up and put it back in my kids' toy box.

Going to the gym isn't just about staying healthy. Lots of people also use it as a place to socialize and meet like minded people. Moreover, working out isn't fun at times so a good joke now and then may be just what you need!



EASTER SUNDAY

The Burkley Fitness Center will be **CLOSED** Easter Sunday, April 9. Regular hours resume on Monday.

Have a safe and happy holiday.



FRIEND/FAMILY MEMBER DAY

On Saturday, April 8, members can bring in a family member or friend for **FREE!**

Only one guest per member.

DID YOU KNOW.... a skinny person isn't necessarily healthier than a larger person? Associating weight with health is a dangerous myth that we have culturally bought into. While obesity is often linked to health problems like diabetes and heart disease, the truth is there's no one right BMI for everyone. You can do as much harm to your body by being too thin as you can being overweight. True health is the result of a balanced diet and sufficient exercise, not the number on the scale.



19TH ANNUAL

**PUT YOUR
 FOOT
 DOWN**

AGAINST SEXUAL ASSAULT

RUN - WALK

SATURDAY, APRIL 29TH

VIRTUAL EVENT

SUPPORT THE CAUSE

HERE'S HOW YOU DO IT:

- Register for the virtual run/walk online by visiting www.raceentry.com and search Hope Crisis Center, find our Facebook page for the link, or scan the QR code below.
- Run or walk at your convenience anywhere and anytime on or before Saturday, April 29th.
- Post your time and selfie on social media with hashtag #hccvirtualrun.



HERE'S WHAT YOU GET:

- An event t-shirt mailed or delivered to your home
- An opportunity to get outside for some exercise
- That warm fuzzy "I just supported an awesome cause" feeling

\$30 REGISTRATION THROUGH MARCH 27TH
\$35 REGISTRATION MARCH 28TH - EVENT DATE

HOPE
 crisis center
 MORE INFORMATION
WWW.HOPECRISISCENTER.ORG
 ALL PROCEEDS WILL SUPPORT HOPE CRISIS CENTER!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Whole Wheat Strawberry Muffins**

This healthy recipe features strawberries, but you can use your favorite berry in their place.

Ingredients:

1 1/2 cups unsweetened applesauce	1 cup sugar	1/2 cup canola oil
3 cups white whole wheat flour	2 1/4 tsp baking soda	3/4 tsp salt
2 cups chopped strawberries OR the berry of your choice		

Directions:

1. Preheat oven to 350 degrees. Line 18 (1/2-cup) muffin cups with paper liners.
2. Whisk applesauce, sugar and oil in a large bowl. Add flour, baking soda and salt; whisk until combined.
3. Gently fold in strawberries (or berries of your choice). Divide the batter among the prepared muffin cups.
4. Bake 22 to 28 minutes or until tops spring back when touched lightly and toothpick inserted in the center comes out clean. Let cool in the pan for 5 minutes, then turn out onto a wire rack to cool completely.

Nutrition Facts—One muffin

180 calories—3 grams protein—30 grams carbohydrates—3 grams fiber—14 grams sugar—6.3 grams fat

Recipe by Eating Well

