

**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

May 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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**NATIONAL FAMILY MONTH**

Did you know that National Family Month is celebrated from Mothers Day in May until Fathers Day in June? During this 5 week period, families are urged to spend time doing things together. And what better way to spend quality time together then being active! Plan a bike ride together or a long walk in the park. You can even set up a fun obstacle course that you and kids can complete. The possibilities are endless! Spending time together as a family builds strong bonds between the kids and caregivers and being active with your kids creates good habits for the rest of their lives. Be Active For Life!

**MEMORIAL DAY HOURS**

The Burkley Fitness Center will be **OPEN** on Memorial Day from  
**6 a.m. to 2 p.m.**



**HAVE A SAFE AND HAPPY HOLIDAY  
FROM THE BFC STAFF**

**STERLING CONNECTION—SENIOR FITNESS DAY MAY 31, 2023**

Sterling Connection is offered by JCH&L in conjunction with Bryan Health through the Heartland Health Alliance. It helps meet the needs and concerns of those ages 50 and older.

Sterling Connection helps you connect when you are well and when you are ill. Best of all, it costs you nothing to join and services are offered free or at reduced prices. A few of the benefits are:

- ◆ FREE Quarterly newsletter
- ◆ FREE support groups
- ◆ SPECIALLY PRICED travel opportunities
- ◆ Special membership rate at the BURKLEY FITNESS CENTER (ages 50-59)
- ◆ Two complimentary Meals on Wheels or Senior Diners meals after returning home from hospitalization.

Come celebrate the 30th anniversary of **Senior Fitness Day** on Wednesday, May 31 at the BFC. Our event will begin at 1 p.m. and go until approximately 2:30. JCH&L registered dietitian, Lisa Edeal will talk about the importance of vitamins and BFC manager Jen Johnson will demonstrate exercises for better balance. This event is free and Sterling Connection members are encouraged to bring friends. Registration is encouraged by calling 402-729-6855.

**DID YOU KNOW....**

It only takes 2.5 hours of moderate physical activity to see cardiovascular benefits?

That breaks down to less than 30 minutes a day—something everyone has time for!

What activity counts as moderate?

Anything that gets your heart beating, like a brisk walk or even a heavy cleaning job. A good rule of thumb is that you should still be able to talk, but not to sing. Get out and move!

**BURKLEY FITNESS CENTER FRIENDLY REMINDERS**

The BFC has a variety of policies and procedures that help ensure members have both a fun and safe experience while using our facility. We would like to remind members of a few of these policies.

1. **Please stay off of the aerobics floor during a fitness class.** Due to the large volume and activity of certain classes, it is important for non-class members to stay off of the aerobics floor for safety reasons.
2. **The hot tub is closed during all water classes.** Water classes are M-W-F from 9 until 10 a.m. and Mondays and Thursdays from 5:30 to 6:30 p.m. Please adjust your schedule accordingly if you want to use the hot tub.
3. **Showers are required before entering the pool or hot tub.** Showering before entering the pool/hot tub helps us keep the chemicals in the water balanced.
4. **Proper attire is required while working out.** Shirts need to stay on while lifting or using all cardio machines.

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Green Goddess Sandwich**

This sandwich is fresh and satisfying. The dressing packs a flavorful punch with capers and lemon juice. The cucumber and sprouts add nice crunch and the seasoned avocado brings in the creaminess. It's a perfect spring meal—light but filling.

### **Ingredients:**

|                                      |                                   |                                    |
|--------------------------------------|-----------------------------------|------------------------------------|
| 1/2 cup plain Greek yogurt           | 1/2 cup fresh parsley leaves      | 2 TB fresh chopped tarragon leaves |
| 2 TB chopped fresh chives            | 1 clove garlic, grated            | 1 TB capers, rinsed/chopped        |
| 1 1/2 tsp grated lemon zest          | 1/4 cup lemon juice               | 1 med avocado, cut into 8 slices   |
| 1/4 tsp salt                         | 4 slices hearty whole wheat bread | 1 cup spinach—divided              |
| 1 cup thinly sliced cucumber—divided | 1/2 cup alfalfa sprouts—divided   |                                    |

### **Directions:**

1. Combine yogurt, parsley, tarragon, chives, capers, garlic, lemon zest and 2 TB lemon juice in a medium bowl; whisk until well mixed.
2. Sprinkle avocado evenly with salt and the remaining 2 TB of lemon juice
3. Spread 2 heaping tablespoons of the yogurt mixture on each slice of bread. Top each of the 2 bread slices with 1/2 cup spinach and cucumber, 4 slices avocado and 1/4 cup alfalfa sprouts. Top with the remaining 2 bread slices, spread-side down. Cut in half and serve immediately.



Recipe by Eating Well