

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

July 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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FITNESS IS FUN KIDS DAY

Fitness can be fun at ANY age! The BFC is offering an afternoon of fun and fitness for kids entering Kindergarten through 6th grade. There will be fun games, various activities, healthy snacks and much more! We want to help jumpstart your child to a lifetime of health!

Cost is \$3 per child and pre-registration is required. Registration forms are



available at the Fitness Center. Sessions will be divided into 2 separate groups and days.

Kids entering K-2 grades—Tuesday, July 18

Kids entering 3-6 grades—Thursday, July 20

Both sessions will run from 1 p.m. until 4 p.m.

Cost is \$3 per child.

For more information, contact the Fitness Center at 402-729-6139.

This event is sponsored by the BFC and Jeffs Gone M.A.D.

SIGN YOUR CHILD UP TODAY—FITNESS IS FUN!

FOR OUR SENIOR MEMBERS

Regular physical activity is one of the most important things an older adult can do for better health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. With regular exercise, not only will your strength improve but so will your balance, which is very important as we age. You will also have more energy and your mood may improve.

Research has shown that it's important to get all four types of exercise: strength, endurance, balance, and flexibility. Each one has its own benefits. Not sure what you should do? The BFC offers several classes for seniors to help take the guess work out of your exercise program. **Arm Chair** classes are offered Tuesdays and

Thursdays at 9 and 10 a.m. **Senior Yoga** is offered Mondays and Wednesdays at 10 a.m., **Tai Chi** is also offered Mondays and Wednesdays at 11 a.m. Water workouts are especially good for reducing joint pain in seniors. Our **Water Aerobics** classes are M-W-F at 9 a.m. Any of these classes are a great way to socialize and meet new or old friends. Lets get moving!



JULY 4TH BFC HOURS

The Burkley Fitness Center will be **OPEN** from **6 a.m. until 2 p.m.** on Tuesday, July 4th.

There will be no classes. Have a safe and fun holiday.

Please lock up your stuff!

Please remember the Burkley Fitness Center is not responsible for your personal belongings. Lockers are available. Users need to bring their own locks. Ask about long-term rental!

DID YOU KNOW.... Only one in five children around the world do enough physical exercise? The American Academy of Pediatrics recommends that kids 6 years and older get 60 minutes of moderate to vigorous physical activity on most days of the week. And girls are lagging behind boys by 7%.

So what's the fix? Active Play!

Active play such as hopscotch, jumping rope or a game of tag can help kids get healthy and fit. Active play comes naturally to kids and has many proven health benefits such as better sleep, improved mood, better social skills and coordination development, to name a few.

Play time can be healthy and fun!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Pineapple Chicken Kabobs**

It's summer and time for grilling out! These kabobs are perfect for a healthy meal with zucchini and peppers from the garden—which are abundant right now!

Ingredients:

1.5 lbs boneless chicken breast cut in 1 inch cubes 2 cups fresh pineapple cut in 1 inch chunks
2 cups red bell pepper cut in 1 inch cubes 2 cups zucchini sliced in 1/2 inch thick circles

Honey Poppyseed Dressing

1/2 cup olive oil 1/4 cup honey 1/2 cup apple cider vinegar
1 TB mustard 1/2 tsp pepper 1 TB poppy seed

Directions:

1. In a bowl, whisk together all ingredients for the poppyseed dressing.
2. In a Ziploc bag, add cubed chicken, pineapple, veggies and dressing. Allow to marinate for at least 30 minutes (the longer you can marinate, the better!) Heat grill on medium high heat, about 375 degrees.
3. When ready to cook, assemble skewers—pineapple, chicken, zucchini, pepper, repeat.
4. Cook skewers on grill for 10 minutes, flip and cook for an additional 10 minutes or until chicken is thoroughly cooked.

Recipe by Clean Eating

