

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

June 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 6

Enjoy The Great Outdoors by Jackie Wesch, CPT-BFC Supervisor

The outdoors has always been near and dear to my heart, so with June being Great Outdoors Month, it beckons me even more to get out and explore all that nature has to offer. This month is dedicated to the country's diverse landscapes, which offer dense forests, long winding rivers, tranquil lakes, beautiful mountains and so much more. We are surrounded by so much technology these days and it seems we lead a much faster paced life now than ever before. All of this has left many of us drained of energy. Exploring the great outdoors can provide us with a much needed new lease on life, both mentally and physically. No matter where you live, you can find something fun to do in the outdoors. There is hiking,



biking, walking, playing golf, fishing ... the activities are endless. Mowing your lawn and gardening can even help with renewing a better attitude! Life was not meant to be spent inside all year long. Get out and enjoy what nature has to offer. A good outdoor workout is great for you physically and can do wonders for your mental health as well.

DID YOU KNOW....the endorphins released during exercise can give you an energy boost? Logically, you might think you'd feel tired after exercising. Physically that's often true, but anyone who's experienced a "runners high" can tell you it also gives you a boost. This is due to endorphins, the brain chemicals

that decrease pain perception and increase positive feelings, making you feel energized overall.



HOW TO BALANCE YOUR EXERCISE ROUTINE

When it comes to exercise, balance is important. Mix it up. Work hard sometimes. Relax, unwind, and recover other times. Find the number of hours you spend being active per week, then read across to see how we suggest you divide your time.

RESISTANCE TRAINING

INTERVALS

ACTIVE RECOVERY

FUN STUFF

0 TO 5 HOURS



3 hours



30 minutes



1 hour



Rest of the time

5 TO 10 HOURS



3 hours



30-45 minutes



2-3 hours



Rest of the time

10 TO 15 HOURS



3 hours



45 minutes



3-4 hours



Rest of the time

WATERHOLE WEDNESDAYS

TO START IN JUNE

Beginning June 14, the BFW will once again be offering fruit/veggie infused water on Wednesdays for everyone to enjoy. Staying hydrated is very important for overall health and this is just our way of providing an easy way to get your much needed water. ENJOY!



Infused Water

CHANGE SERVICE REQUESTED

Recipe of the Month: **Chop Chop Salad**

Summer is all about eating light. This salad is light and very healthy!

Ingredients:

2 med cucumbers, chopped	2 bell peppers, chopped	2 cups cherry tomatoes, halved
10 artichoke hearts in water, squeezed of excess water and chopped	into quarters	
1 ounce feta cheese	2 TB avocado oil	1 TB lemon juice
1/2 cup quinoa, cooked	garlic salt to taste	pepper to taste
12 ounces grilled chicken cubes or firm tofu		

Directions:

1. Chop all veggies and combine with the rest of the ingredients in a large bowl.
2. Store in the refrigerator up to 5 days.
3. Can substitute other meat or fish for the chicken.

*Modifications: Vegetarian—Replace chicken with firm tofu.

Vegan—Replace the chicken with tofu, replace feta with walnuts and add 1 TB vegan parmesan cheese or nutritional yeast.

