

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

October 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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ENERGY BALANCE

DID YOU KNOW....

Optimal fitness requires a balanced exercise routine that incorporates aerobic, strength training and flexibility exercises.

By increasing your heart rate through aerobic exercises you oxygenate the body to improve heart and brain health.

Strength training builds muscle mass, which in turn burns fat. Additionally, it's been proven to promote cognitive function.

In order to perform everyday activities with ease, flexibility is required. By stretching regularly, practicing yoga or Pilates, you can prevent loss of mobility, decrease the chance of injury and improve your performance during exercise.



WORK OUT
 because you **love**
YOUR BODY
 not because
 you hate it



FACTORS THAT INFLUENCE 'ENERGY IN'

FACTORS THAT INFLUENCE 'ENERGY OUT'



APPETITE

Influenced by hormones that regulate appetite and satiety

ENERGY BURNED AT REST

Influenced by body size, hormonal status, dieting history, genetic factors, health status, sleep quality, age

FOOD CONSUMED

Influenced by availability, palatability, energy density, sleep quality, education, socioeconomic status, culture

ENERGY BURNED THROUGH EXERCISE

Influenced by exercise ability, intensity, duration, frequency, type, environment, as well as hormonal status and sleep quality

CALORIES ABSORBED

Influenced by macronutrient intake food prep, age, personal microbiome, health status, energy status

ENERGY BURNED NON-EXERCISE

Influenced by health status, energy status, stress levels, hormonal status, occupation, leisure activities, genetic factors

PSYCHOLOGICAL FACTORS

Influenced by stress levels, mindset, perceived control, self-esteem, sleep quality

ENERGY BURNED METABOLIZING FOOD

Influenced by macronutrient makeup and how processed the food is



ADAPTED FROM ALAN ARAGON'S CICO SCALE, WWW.ALANARAGON.COM

"How can I eat less and still gain weight?" Have you ever felt this way? What's the deal? Are our bodies "broken" or can you actually gain weight from eating too little? You've probably heard the term—the laws of thermodynamics—before. Or maybe you've heard it talked about as energy balance (calories in, calories out). Thermodynamics is a way to express how energy is used and changed. And the truth is...energy balance does determine body weight!

- If we absorb less energy than we expend, we lose weight
- If we absorb more energy than we expend, we gain weight

There are many factors that influence both sides of the equation, which can make things feel a little confusing. But...humans do not defy the laws of thermodynamics. Put another way: even if we think we're defying energy in vs energy out...we're not.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy Pumpkin Bars**

These pumpkin bars have less oil than traditional pumpkin bars but all the flavor. The perfect fall treat.

Ingredients:

2 cups whole wheat pastry flour	1 TB pumpkin pie spice	1 tsp baking soda
3/4 tsp salt	1 c coconut sugar or brown sugar	
1/4 c unsweetened applesauce	1/4 c plain Greek yogurt	1 TB melted coconut oil
2 large eggs	1 tsp vanilla	1 cup canned pumpkin
1/2 c dark chocolate chips + more for topping		

Directions:

1. Preheat oven to 350 degrees and spray a 13 x 9 inch baking pan with non-stick spray or line with parchment paper.
2. In a medium bowl, stir together flour, pumpkin spice, soda and salt. Set aside.
3. In a large bowl, whisk together sugar, applesauce, yogurt, oil, eggs, and vanilla until well combined. Stir in pumpkin puree.
4. Slowly pour flour mix into the wet ingredients and mix well until everything is combined. Stir in chocolate chips.
5. Pour dough evenly into the greased pan and top with additional chocolate chips.
6. Bake for 20-25 minutes or until a toothpick comes out clean with stuck into the middle of the bars. Cool completely, cut into 15 bars and enjoy!

Recipe by Eating Bird Food



