

**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

September 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 9

## MIDDAY MOBILITY & EVENING STRETCH AND FLEX

If you're looking to increase your flexibility, get stronger or improve your overall range of motion, our Midday Mobility and Evening Stretch and Flex classes could be just what you're looking for! These Pilate-based classes focus on deep stretching, balance and strengthening your core.

"The deep stretches may be uncomfortable, but our goal is to get comfortable with the uncomfortable. I don't want to see anyone get discouraged as this process takes time and dedication. It's all about giving your joints and muscles a little more love," says instructor, Sammie Lange.

Those who want to participate should be comfortable with getting up and down off the floor. All fitness levels are welcome to join!

It's time to start showing some love for your joints and muscles again!



Class times for Midday Mobility are Tuesdays & Fridays at 12:15 p.m.

Evening Stretch And Flex classes are Mondays & Thursdays at 6:30 p.m.

All classes are 30 minutes long.

## LABOR DAY HOURS

JCH&L Burkley Fitness Center will be open from  
 6 a.m. until 2 p.m. on  
 Monday, Sept. 4—Labor Day.  
 Normal hours will resume on Tuesday.  
 Have a safe and enjoyable holiday!



## POOL MAINTENANCE REMINDER

The BFC pool and spa annual maintenance begins on August 25. The pool and spa will remain CLOSED until painting/cleaning is complete.



Re-opening is tentatively scheduled for Friday, Sept. 8. Any changes in the re-opening date will be posted on the white board at the Fitness Center entrance and on Facebook.  
 We thank-you for your patience on this matter.

## DID YOU KNOW....

Crunches alone won't slim your midsection? If you want a flat belly, you'll need to incorporate cardio to burn those extra calories. You will also need to eat less to reduce your body fat.

Strengthening your core through abdominal exercises will make you appear somewhat leaner because these muscles do help hold in your belly. However, on their own, core exercises won't completely eliminate fat. Studies found that partaking in aerobic exercises such as brisk walking, jogging, or biking for 20-40 minutes a day is helpful in reducing that pesky fat in your mid-section.



**YOU CAN'T  
 EXPECT TO  
 SUCCEED IF  
 YOU ONLY PUT IN THE  
 WORK ON THE  
 DAYS YOU  
 FEEL**

**LIKE IT**



CHANGE SERVICE REQUESTED

## Recipe of the Month: **Pineapple-Ginger Chicken Stir-Fry**

This quick skillet meal is light and easy to make. Perfect for fall during harvest time!

### **Ingredients:**

1 20 oz can unsweetened pineapple chunks	1 TB cornstarch	3 TB reduced sodium soy sauce
1/4 tsp ground cinnamon	2 TB honey	2 TB canola oil, divided
1 lb boneless chicken breast, cut into 1 inch cubes		1 small onion, chopped
1 TB minced fresh gingerroot	2 garlic cloves, minced	
Hot cooked brown rice		

### **Directions:**

1. Drain pineapple, reserving juice. Mix cornstarch, soy sauce, honey, cinnamon and reserved juice until smooth. In a skillet, heat 1 TB oil over medium-high heat, sauté chicken until lightly browned, 4-6 minutes. Remove from pan.
2. In same pan, sauté onion, ginger and garlic in remaining oil until crisp-tender, about 2 minutes. Stir cornstarch mixture, add it to pan with chicken and pineapple chunks. Bring to a boil, stirring constantly, cook and stir until sauce is thickened and chicken is cooked through, 5-7 minutes.
3. Serve with rice. If desired, sprinkle with cilantro.



Recipe by Taste of Home