

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

December 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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END OF THE YEAR MEMBERSHIP PROMO

The BWC will be running a 10 % discount special on memberships for those who pay in full through the end of the year. A regular priced 3 month individual or family membership will get the 10% discount. Also, a regular priced 12 month membership for Individual or Family, Senior or Senior Plus Spouse will get the 10% discount. Student or Corporate memberships, including student \$100 memberships, are not eligible for the discount.

Discount pricing for these memberships will be as follows:

1 Year Memberships

Individual regular price is \$422—discount= \$379.80

Family regular price is \$510—discount= \$459

Senior regular price is \$386—discount= \$347

Senior Plus Spouse regular price is \$430—discount= \$387

3 Month Memberships

Individual regular price is \$150—discount= \$135

Family regular price is \$185—discount= \$166

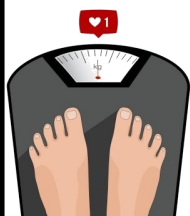
Call or stop by the Fitness Center to take advantage of these discounted prices.

Also, if you are looking for a gift for that hard-to-buy-for person or for someone who wants to stay active or get active, why not give the gift of health with a Burkley Fitness Center gift certificate? Many options are available for purchase, including individual and family memberships, punch cards and even day passes.

***End of the year 10% discount pricing will apply to any paid-in-full gift certificate purchasing a full years membership or 3 month membership.**

MAINTAIN DON'T GAIN HOLIDAY CHALLENGE

We are bringing back our Maintain Don't Gain Challenge! December is the one month that we all tend to gain weight. Holiday treats and comfort foods are hard to pass up. If you're tired of gaining weight over the holidays, we are here to help. Our Maintain Don't Gain promotion is simple: you must maintain your starting weight or lose weight for the entire month of December. This promotion begins on Monday, Dec. 4 and will go through Tuesday, Jan. 2. All participants must weigh in at any time at the fitness center on Dec. 4. Your starting weight will be recorded on that day. You will then be weighed each week on either Monday or Tuesday for the rest of the month. Final weigh-ins will be January 2 and 3. Helpful workouts and eating tips will be posted on the front wall each week. Prizes will be awarded to those who maintain or losing weight. This promotion is FREE! Please pre-register at the BFC front desk.



HOLIDAY HOURS

Sunday, December 24

Regular hours—1-5 p.m.

Monday, Dec. 25—Christmas Day

CLOSED ALL DAY

Tuesday, December 26

Regular hours—5 a.m. to 9 p.m.

Sunday, Dec. 31—New Years Eve

Regular hours—1-5 p.m.

Monday, January 1—New Years Day

Open 6 a.m. to 2 p.m.

HAVE A SAFE AND HAPPY HOLIDAY!

EAT HEALTHY AND STAY ACTIVE.

COMMUNITY BUILDING WALKING CHALLENGE

It's time to start walking! Get in your steps at the Fairbury Community building. JCH&L along with the City of Fairbury are offering this chance for participants to get fit and win prizes.

Log your laps monthly and those with the highest number of laps will win a prize.

To participate, sign up for the Walking Challenge at Fairbury Senior Diners in the Community Building. For more information, call the city offices at 402-729-2476.



DID YOU KNOW... a human cough can travel as fast as 50 mph? Sneezes can travel up to 100 mph! This is faster than the average car! During the cold and flu season, it is especially important to **cover your coughs and sneezes**. Cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cough into your elbow, not your hands, so as to not spread your germs by touch.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy Gingerbread Muffins**

Warm and inviting, these healthy muffins are bursting with seasonal flavor. They are a perfect holiday brunch recipe.

Ingredients:

2 c (195 grams) almond flour	2 tsp baking soda	2 tsp cinnamon	1 tsp ground ginger
1/2 tsp nutmeg	1/2 tsp ground cloves	1/4 tsp allspice	pinch of salt
1/2 cup unsweetened applesauce	3 eggs	1/4 c plus 2 TB honey or maple syrup	
1 tsp vanilla			

Optional add-ins—2/3 c chocolate chunks, dried cranberries or chopped walnuts

Directions:

1. Preheat oven to 350 degrees and line 9 muffin tins with parchment paper liners.
2. Whisk together almond flour, baking soda, cinnamon, ginger, nutmeg, cloves, allspice and salt.
3. Whisk together eggs, applesauce, sweetener and vanilla in a separate bowl. Pour wet ingredients into dry and mix until thoroughly combined. Fold in any optional additions.
4. Scoop batter 3/4 of the way up each muffin well.
5. Bake for 18 minutes or until toothpick comes out clean.

Recipe by EatingWell

