

### 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

# November 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 11

## NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes awareness month takes place every year to help spread awareness about this very common chronic condition. There are two types of diabetes: Type 1 and Type 2. In Type 1 diabetes, the pancreas produces little or no insulin. Insulin is the hormone that helps the body to take up sugar from the blood into the cells and use it for energy. Type 1 diabetes cannot be cured or prevented by diet or exercise. The exact cause of it remains unknown but there may be a genetic link in some families.

In Type 2 diabetes, the body produces insulin but is resistant to its effects. Without enough insulin available to move sugar from the blood into cells for energy, blood sugar levels rise and we see the classic symptoms of diabetes. Healthy lifestyle changes can delay or even prevent Type 2 diabetes. As with Type 1 diabetes, Type 2 can damage the eyes, heart nerves, kidneys and more. When the body does not have enough insulin, it will break down fat or muscle which leads to the development of an alternative fuel source called ketones.

Preventing Type 2 diabetes is very important. Factors that increase the chance of diabetes onset include inactivity, obesity or a family history. To help lower the risk, lifestyle matters, for both adults and children. Eat healthy, exercise and drink plenty of plain water. Common symptoms and signs of diabetes are: increased thirst, increased urination, weight loss, dehydration, abdominal pain, and blurred vision, to mention a few. Don't delay a visit to your doctor if you feel you may have diabetes. Getting a simple blood test done can determine whether or not you have diabetes. It's very important to find out if you have this disease so a treatment plan by your doctor can be established.

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## Miracle On The Square Reindeer Fun Walk

It's time to get into the holiday spirit with a walk around the square in conjunction with the Fairbury Chamber of Commerce

Miracle on the Square! This fun walk will be

held on **Friday, Dec. 1 at 5:30 p.m.**

Please check in at the corner of 5th and E streets. Check in begins at 5 p.m.

Please pre-register at the Burkley Fitness Center. Fee is \$5 per person. Each registered participant will receive a set of blinking reindeer antlers. Walk-ins are welcome

but with no guarantee of antlers. This walk is open to all ages.

We strongly encourage family participation!



## THANKSGIVING HOURS

The BFC will be open on Wednesday, Nov. 22, from 5 a.m. until 5 p.m. There will be no evening classes.

**We will be CLOSED Thanksgiving Day.**

Friday hours are 5 a.m. to 5 p.m. There will be no evening classes. Regular hours will resume on Saturday, Nov. 25.

HAVE A SAFE AND HAPPY HOLIDAY!

EAT HEALTHY AND STAY ACTIVE



On Saturday, Nov. 5, Daylight Saving Time comes to an end. Turn your clocks back one hour!



## DID YOU KNOW...

different activity requirements apply to different age groups?

Children and young people aged 5 to 17 should do at least 60 minutes of moderate to vigorous physical activity each day. This doesn't have to be one 60 minute session—several shorter sessions are fine.



Adults aged 18-64 are recommended to be active most days (preferably all), doing either 2.5 to 5 hours of moderate intensity physical activity or 1.25 to 2.5 hours of vigorous intensity physical activity each week.

For people 65 and over, guidelines recommend at least 30 minutes of moderate intensity activity on most, preferably all, days of the week. If you do more, you'll get bonus benefits.



IT'S ALL ABOUT STAYING ACTIVE FOR LIFE!

CHANGE SERVICE REQUESTED

## Recipe of the Month: Cream Cheese Pumpkin Pie/Pecan Streusel

This pie combines a traditional pumpkin pie filling with swirls of sweetened cream cheese. Perfect for Thanksgiving!

### Ingredients:

9 inch unbaked pie crust	2 large eggs, lightly beaten	1 can (15 oz) pumpkin puree
2 cans (5 oz) low-fat evaporated milk	3/4 cup light brown sugar—divided	1 tsp pumpkin pie spice
1/4 tsp salt plus 1/8 tsp divided	3 oz reduced fat cream cheese, softened	2 TB low fat milk
2 TB powered sugar	1/4 tsp vanilla extract	1/3 cup chopped pecans
1/4 cup all purpose flour	2 TB melted butter	1/2 tsp cinnamon

### Directions:

1. Preheat oven to 375 degrees. Put prepared crust (unfreeze if frozen) in refrigerator while you are preparing the filling.
2. Whisk eggs pumpkin, evaporated milk, 1/2 cup brown sugar, pumpkin pie spice and 1/4 tsp salt in a large bowl until smooth. Whisk cream cheese, milk, powered sugar and vanilla in a small bowl until smooth.
3. Pour the pumpkin mixture into the prepared crust. Dollop spoonfuls of the cream cheese mixture onto the filling, spacing them evenly. Draw the tip of a skewer or a knife through both mixtures to create a swirled design.
4. Bake the pie for 30 minutes. Meanwhile, combine pecans, the remaining 1/4 cup brown sugar, flour, butter, cinnamon and the remaining 1/8 tsp salt in a medium bowl.
5. Sprinkle the streusel over the pie and bake until the filling is puffed at the edges and the center springs back when touched—about 15 to 20 minutes more. Cool completely on a wire rack, about 3 hours before slicing.

Recipe by EatingWell

