

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

January 2024



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

Follow us on Twitter & Facebook

Vol. 28—Issue 1

LETS MOVE MORE IN 2024!

The BFC would like to help all of its members become more active throughout the upcoming year. Our motto for the New Year will be "Move More In 2024." Throughout the year, we will have several promotions to help keep the movement going. First up is our January challenge of "Move a Mile a Day."

All you have to do is move your body for at least 1 mile each day for 30 days. Just break out of your normal routine and move a mile a day—inside or outside. Here in the Fitness Center, participants can use the treadmills, stationary or spin bikes, row machine, stair stepper, step-mill, elliptical trainers, and the Nu-step machines. If you prefer to go outdoors, participants can walk/jog or ride their bike.

Why a mile a day? To create better habits. Real success comes from real change and that requires a repatterning of your lifestyle. Lacing up everyday for one month will help you learn how to make time for fitness. The rules are simple:

1. Must do at least 1 mile each day
2. No make-up days!
3. Track each day on the calendars provided and report in weekly to keep yourself accountable
4. Starts Tuesday, Jan. 2.

Let's create good habits and move more this year!

WHO'S IN????

T-shirt clue: It's all about the pecs



Midday Mobility Class Update:

The midday mobility class is changing its focus beginning Jan. 2. This class will be concentrate more on light stretching, range of motion and meditation/relaxation breathing. The class runs from 12:15 to 12:45 p.m. on Tuesdays and Fridays.



MONTHLY TEE SHIRT GIVEAWAY

The Burkley Fitness Center will be giving away one tee shirt per month throughout 2024! All members will have a chance to win a tee shirt by looking for clues in the monthly newsletter. A small picture of a tee shirt (like the one shown) will be hidden somewhere in the Fitness Center. Once the picture is found, simply bring it to the front desk and pick up a tee shirt of your choice.



JCH&L CHRISTMAS PROJECT

Each year JCH&L asks the community's help in completing a special project for patients, residents, and visitors. JCH&L is seeking donations for three projects, one of them being a new elliptical trainer for the Fitness Center. The ellipticals are very popular so we are looking to replace one of the old style Nautilus machines with another newer style Precor machine. The incline on these ellipticals provide increased workloads on more muscles than other ellipticals. This popular machine will cost about \$6000.

Donations of all amounts are welcome and will make our project successful. For more information, contact Lana Likens at 402-729-6855 or by emailing lane.likens@jchealthandlife.org. Thank-you for supporting JCH&L.

YOUTH SWIM & PEDIATRIC GYM

On Wednesday, Jan. 3, the Fitness Center and JCH&L Sports Medicine and Rehab are teaming up for an afternoon of activities and treats. Youth swim will be from 2 p.m. to 4 p.m. It is open to children through 6th grade. For children who can't touch or need one-on-one assistance, an adult must be in the pool with them.



A lifeguard will be on duty. A limited number of life jackets are available. Please bring your own if you can. Pre-registration is required for the swim. Call the Fitness Center at 402-729-6139 or stop by to register. Pediatric Gym open house will be from 3:30 to 5 p.m. Adults are required to attend with children. All families with all ages of children are welcome—after youth swim or just to drop in to participate in the activities. For swim participants, a staff member can escort children to the Pediatric Gym to meet their parents after the conclusion of youth swim.

Both of these activities are FREE for members and non-members. Call JCH&L pediatric therapy at 402-729-6840 if you have questions.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Sheet Pan Chicken & Veggies**

This recipe tastes as if it took hours to prepare when in reality, it takes just mere minutes. So easy yet delicious!

Ingredients:

2 lbs red potatoes, cut into 3/4 inch pieces	1 large onion, coarsely chopped	2 TB olive oil
3 garlic cloves, minced	1 1/4 tsp salt, divided	3/4 tsp pepper, divided
1 tsp dried rosemary, crushed, divided	1/2 tsp paprika	6 chicken thighs, remove skin
6 cups fresh baby spinach	lemon wedges, optional	

Directions:

1. Preheat oven 425. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 tsp salt, 1/2 tsp rosemary, and 1/2 tsp pepper; toss to coat. Transfer to a 15x10x1 inch baking pan coated with cooking spray.
2. In a small bowl, mix paprika and the remaining salt, rosemary, and pepper. Sprinkle chicken with paprika mixture; arrange over the vegetables. Roast until a thermometer inserted in chicken reads 170—175 degrees and vegetables are just tender, 35 to 40 minutes.
3. Remove chicken to a serving platter; keep warm. Top veggies with spinach. Roast until veggies are tender and spinach are wilted, 8-10 min. longer. Stir veggies to combine. Serve with chicken. If desired, serve with additional fresh rosemary and lemon wedges.

Recipe by Taste of Home

