

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

February 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

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Vol. 28—Issue 2

HOW TO ACHIEVE ANY GOAL

This is an oldie but goodie.

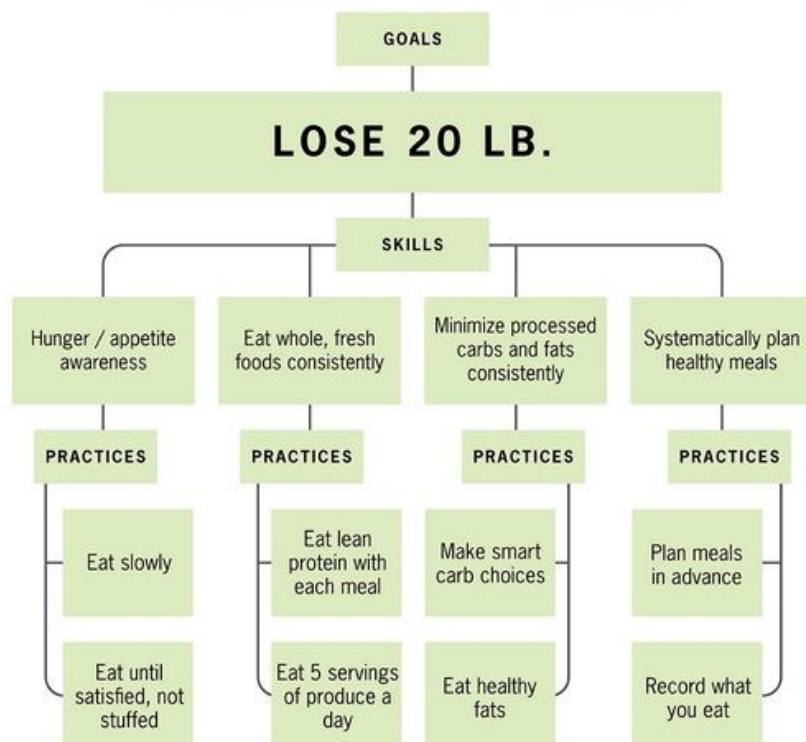
It applies to everything from nutrition to gymnastics to your career.

Goal setting is usually where most people stop, but to really **ATTAIN** your goals—you have to build your skills for goal achievement. Which goes a few levels deeper.

1. What's the **GOAL** that we want to achieve?
2. What are the **SKILLS** required to attain that goal?
3. What are the daily **PRACTICES** that will help build those skills?

This approach is a great method to help people achieve the results they **REALLY** want. It breaks big goals down into behaviors they practice every day.

ACHIEVE YOUR GOALS BY BREAKING GOALS INTO SKILLS, AND SKILLS INTO PRACTICES.



T-shirt clue: We all want a healthy heart.

Getting it pumping is an excellent start!



AMERICAN HEART MONTH

Heart month is celebrated throughout the month of February. Here at JCH&L Burkley Fitness Center, we want to promote heart health this month and throughout the year.

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are a few ways to promote heart health during Heart Month and beyond:

- **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins and limit saturated and trans fats, sodium, and added sugars.
- **Exercise Regularly:** 150 minutes per week of physical activity is all it takes to keep your heart healthy. Jogging, walking, biking and swimming can help improve cardiovascular fitness.
- **Quit Smoking**
- **Monitor Blood Pressure**
- **Control Cholesterol**
- **Maintain a Healthy Weight**
- **Get Adequate Sleep:** Aim for 7 to 9 hours of quality sleep per night to support heart health.



Did you know....men and women have different heart attack symptoms? Women's symptoms are much less prominent: uncomfortable squeezing, pressure, fullness or pain in the center of the chest. Men experience the typical heart attack symptoms of severe chest pain, discomfort and pressure. Both men and women can have pain in the arms, neck, back and jaw, as well as shortness of breath, sweating and discomfort and mimics heartburn.



MONTHLY TEE SHIRT GIVEAWAY

Congrats to Caleb Stapaules for finding the January t-shirt! Search for the clue in this newsletter for the February t-shirt giveaway

CHANGE SERVICE REQUESTED

Recipe of the Month: **Healthy White Chicken Chili**

Healthy white chicken chili that's nice and creamy, yet there's no cream!

Ingredients:

1/2 TB olive oil	1 med white onion, chopped	1 can mild green chiles	1 TB ground cumin
2 tsp chili powder	1/4 tsp coriander	1/4 tsp dried oregano	3/4 tsp salt
4 cups low sodium chicken broth	2 (15 oz) cans chickpeas, rinsed and drained	pepper to taste	
1 1/2 lbs chicken breast	1/2 cup frozen corn	1/3 c fresh, chopped cilantro	1 med lime, juiced

Directions:

1. Add olive oil to a large pot and place over medium high heat. Add onion and green chiles and cook until softened, about 3-4 minutes. Next stir in cumin, chili powder, coriander and dried oregano; allow the spices to cook for 30 seconds, then add in chicken broth, 1 can or drained chickpeas, uncooked chicken breast salt and pepper. Simmer on medium-low heat for 20-30 minutes.
2. After 20 minutes, remove the chicken with a slotted spoon and shred with 2 forks. Next, add in fresh lime juice and cilantro. Finally. Add the remaining can of chickpeas (1 1/2 cups chickpeas and 1/2 cup water or broth) to a blender. Blend until somewhat smooth, adding a little more water if needed.
3. Pour blended chickpeas into soup pot, then stir in the corn. Allow soup to cook and simmer for 10-15 more minutes. Serve with tortilla chips and avocado if desired.

Recipe by Ambitious Kitchen

