

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

March 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 3

GROWTH MINDSET—RESETTING YOUR ATTITUDE

We've all heard of "eat this, not that" when it comes to a healthy diet. But what about helping out your outlook when it comes to tough situations? We can "think this, not that" to help us accomplish anything by just changing our attitude and understanding that success begins with believing that we can! Create a "healthy mind" with these changes in how you can think about a certain situation.

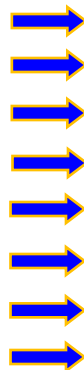


Instead of Thinking....



Think This....

I can't do it.
I'm not good at this.
It's good enough
It's too hard.
I don't know how.
I can't make this any better.
I don't like challenges.
I give up!



I'll keep trying.
I can learn to get better.
Is it the best I can do?
I'll practice more.
I can and will learn how!
I can find ways to improve.
Challenges make me better.
I'll try a different way!

ADD WEIGHT TO YOUR WALK

So you've been walking and now you want to take it up a notch. You could find some hills to go up and down and/or you could add some weight by putting on a backpack. This form of exercise is called "Rucking" with roots in military training. Rucking comes from the word "ruck sack" which is a durable backpack meant for carrying equipment. Rucking is often an underrated and underutilized form of low impact exercise that can be used to improve strength, cardiovascular capacity, caloric burn, balance and bone density.

Walking with added weight increases calorie burn compared to an unloaded walk. The added weight means you are moving more mass, which increases the amount of energy you require to move at the same pace you would without the weight.

If you would like to get started rucking, there are a few things to consider. First off, you should choose a backpack that has wide, padded straps to help distribute the weight across the upper back and shoulders. Your backpack should also have a hydration bladder or a place to put a water bottle. Your water can be part of the total weight you carry!

How do you start? If you haven't walked/hiked much, it would be beneficial to start with shorter distances and less weight. Try 5% of your bodyweight for 1 mile or 20 minutes, whichever is shorter. If you've been walking regularly, start with 10% of your bodyweight for the same distance/time. If you've been walking and weight training, you can start with 10 to 15% of your body weight for 1-2 miles.

It's important to keep the weight as high as possible in the bag. Using a rolled up towel or a yoga block at the bottom of the bag is a great way to raise the weight up higher in the bag. Sandbags, books, dumbbells or canned goods wrapped in a towel can be used as weight. Even a sack of bird, dog or cat food works great!

If you would like to try "rucking" but have more questions, contact Jackie Wesch here at the Fitness Center. It's a great way to get outdoors and burn a lot of calories while staying low impact!



The Burkley Fitness Center will be **CLOSED** March 31—Easter Sunday. Normal hours will resume on Monday, April 1.
HAVE A SAFE AND HAPPY HOLIDAY!

Did you know...lemons are considered one of the world's healthiest foods? One lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity AND aids in weight loss. Try adding it to a mug of water to kick start your day!



MONTHLY TEE SHIRT GIVEAWAY

Congrats to Rick Beu for finding the February t-shirt! Search for the clue in this newsletter for the March t-shirt giveaway!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Air Fryer Meatloaf**

Meatloaf is a tasty dinner that is made even easier using the Air Fryer. Ready in just 35 minutes, this is a tender, moist meatloaf that is perfect for a busy weeknight.

Ingredients:

1 lb lean ground beef, chicken or turkey	3/4 cup milk	1 large egg	1/2 TB onion powder
3 slices bread, broken up into very small pieces	1 TB Worcestershire sauce		1/2 tsp salt
1/2 tsp dry ground mustard (can omit if you want)	1/4 tsp black pepper		1/8 tsp garlic powder

For Glaze: 1/3 cup ketchup 1/3 cup BBQ sauce

Directions:

1. In a large bowl combine all the ingredients for the meatloaf. Use your hands to mix, just until combined.
2. Spray a 5-7 quart air fryer basket with olive oil spray. Shape the meat into a loaf shape (at an angle) in the air fryer basket. Do not make loaf too thick. Shape it as even as possible from end to end.
3. Air fry at 350 degrees for 15 minutes. Prepare glaze while meatloaf is cooking by mixing the ketchup and BBQ sauce in a small bowl.
4. When the meatloaf has cooked for 15 min., brush some of the glaze on the loaf. You won't use all of it, save the remaining glaze for serving.
5. Air fry 350 degrees for an additional 10 min. Meatloaf is done when internal temp is 160 degrees. Allow loaf to rest for at least 5 min before slicing. Serve with leftover glaze.

Recipe courtesy of the country cook

T-shirt clue: Resistance training can make your muscles sore,
 Using free weights may benefit you even more.

