

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

April 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 4

FAIRBURY ADVENTURE RACE RETURNS!

After several years without an **Adventure Race**, the BFC will be bringing it back in June of 2024. Most of the race details are still in the making but here are a few things we do know:

- It will be held on Saturday, June 8
- The majority of the race will be at Rock Creek Station
- It will consist of biking and running/ trekking only
- There will only be ONE course
- The race will be anywhere from 2 to 4 hours in length
- It will be FUN!!



Dust off your mountain bikes and start training for a new adventure! All fitness levels are welcome to participate! Look for more details on this race in the May Fit For Life newsletter. Lets Run, Rock and Roll in June!

PERSONAL TRAINING AT BFC

The BFC offers personal training for its members and non-members. We are currently offering a single package deal. This package is for 4 weeks with 2 sessions per week. Cost is \$200 for members and \$240 for non-members. There is a no obligation free assessment for student athletes. Call 402-729-6139 for more information.



Start Training Today!

THANK YOU HEARTLAND BANK



The Burkley Fitness Center would like to thank Heartland Bank for the donation of 5 new basketballs. It is very much appreciated by our staff and the BFC members.

Every accomplishment starts with the decision to try.

MONTHLY TEE SHIRT GIVEAWAY



Congrats to Isaiah Keilwitz for finding the March t-shirt! Search for the clue in this newsletter for the April t-shirt giveaway!

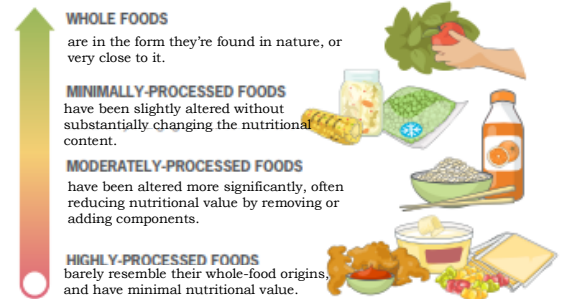
THE TRUTH ABOUT PROCESSED FOODS

Some aren't as bad as you think.

Lots of people put processed foods in the “never” category. That’s not necessary, and may even be misguided.

WHAT ARE PROCESSED FOODS?

Food processing exists on a continuum, from “whole” to “highly-processed.”



The goal with nutrition isn't to get things “perfect”. Instead, imagine a spectrum of options and focus on making food choices that are “a little bit better.”

	WHOLE		HIGHLY PROCESSED
GRAINS	Brown rice	White rice	Rice puffed cereal
VEGETABLES	Sweet potato	Sweet potato fries	Sweet potato pie
FRUIT	Apple	Applesauce	Apple juice
BEANS & LEGUMES	Black beans	Refried black beans	Black bean tortilla chips
MEAT & POULTRY	Baked whole chicken	Rotisserie chicken	Chicken nuggets
FISH & SEAFOOD	Fresh, whole shrimp	Shrimp canned in oil and seasoning	Popcorn shrimp
NUTS & SEEDS	Shelled peanuts	Peanut butter	Peanut butter cookies
DAIRY & EGGS	Milk	Fruit at the bottom yogurt	Rocky road ice cream
	MORE NUTRIENTS		FEWER NUTRIENTS

T-shirt clue: It's ABSolutely necessary to workout for better health!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Black Bean Wraps**

Ingredients:

1 cup chopped cilantro	3 TB white wine vinegar	2 cloves garlic, peeled
1 tsp ground cumin, divided	1/2 tsp salt, divided	1/4 cup extra virgin olive oil
3 cups chopped romaine lettuce	1 cup chopped radicchio	1 cup sliced radishes
1/2 tsp chili powder	1/2 tsp garlic powder	1 (15 oz) can no salt black beans, rinsed
1 ripe avocado	1 TB lime juice	4 (8 inch) whole wheat tortillas

Directions:

1. Combine cilantro, vinegar, garlic, 1/2 tsp cumin and 1/4 tsp salt in a mini food processor; pulse until finely chopped
With the motor running, slowly stream in the oil. Transfer the vinaigrette to a large bowl. Add lettuce, radicchio, radishes and toss to coat.
2. Mash beans, chili powder, garlic powder, the remaining cumin and salt in a medium bowl. Mash avocado with lime juice in a small bowl. Spread some of the mashed beans and avocado over each tortilla; top with the salad and roll up.

Recipe courtesy of Eating Well

