

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

June 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 6

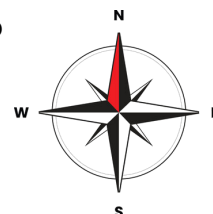
**SUMMER PUNCH CARD SPECIAL**

We are now offering \$40 punch cards from May 13 to July 5. Each card has 18 total punches which is less than \$3 a visit! Cards never expire. More than one can be purchased at a time.

Stop by the front desk to buy your summer punch card!

**IT'S TIME FOR THE RUN/ROLL ADVENTURE RACE!**

Are you ready for an adventure? The Fairbury Run/Roll adventure race is set for Saturday, June 8. This race is for any and all fitness levels. It will include approximately 10 miles of biking and 3 miles of jogging/walking. Race will begin at 9 a.m. Registration will begin at 8 a.m. and a pre-race meeting will be held at 8:30 a.m. Teams of 2 or 3 members only—no individual racers. The cost is only \$60 per team! **No race day entries.**



The majority of this race will be at Rock Creek Station. This is a very historic, somewhat challenging, and beautiful area that is perfect for a little adventure! A state park permit is required for vehicle entry. Bicyclists do not require a permit. **May 31 is the final sign up day!**

There will be CASH PRIZES for the top 3 teams! Let's Run and Roll!!!

SWIM LESSONS UPDATE

All swim lessons at the Burkley Fitness Center will be put on hold until August 2024. We apologize for any inconvenience. If you would like to set up lessons for August or later, please call the BFC at 402-729-6139 or stop by and pick up a current swim instructor card at the Front Desk.

**WATERHOLE WEDNESDAYS RETURN**

Beginning June 12, the BFC will once again be offering our fruit/veggie infused water for all our members to enjoy. Drinking water is the BEST way to stay hydrated during the hot summer months. Stop by and fill up your water bottle!

**Fitness Center Parking**

Fitness Center users are asked to please NOT park in physical therapy parking stalls while using the fitness center. These are reserved for patient parking during physical therapy appointments. In addition, we would ask that fitness center users with **handicap permits** try to use the handicap spots only when they need them most. If you have a handicap permit but plan to be at the fitness center for more than an hour, we would appreciate if you would use another nearby parking spot if possible.

**DID YOU KNOW....**

Strength training (lifting weights) continues to burn fat long after you finish your workout?

The higher an individual's muscle mass (and the lower their fat mass), the higher their metabolic rate, as muscle tissue burns far more kilojoules (energy) than fat tissue at rest. Using **resistance training** to gain lean muscle mass is therefore beneficial to burn fat and can continue doing so long after you finish.

**2 MONTH CHALLENGES**

Are you doing one of our 2 month challenges? Only one more month to go!! June is the second month to record your activities. Calendars can be turned in to the front desk July 1 and 2.

Remember, participants posting the MOST TOTAL HOURS OR MILES for May AND June combined will receive a \$50 gift card!

The Burkley Fitness Center wants you to challenge yourself, stay active and most of all, HAVE FUN!

T-shirt clue: "press" your luck

**MONTHLY TEE SHIRT GIVEAWAY**

Congrats to Rick Beu for finding the May t-shirt! Search for the clue in this newsletter for the June t-shirt giveaway! One shirt per person.

**PERSONAL TRAINING AVAILABLE AT BFC**

Not sure what to do for a workout? A personal trainer may be your answer. Call or stop by the front desk for more information and get your workouts going in the right direction.

CHANGE SERVICE REQUESTED

Recipe of the Month: **One-Pot Beans & Rice**

This one pot dinner is like a deconstructed burrito bowl—especially when topped with salsa, sliced avocado or a dollop of Greek yogurt for a cool creamy accent.

Ingredients:

1 TB canola oil	1 cup long grain rice	1 med onion, chopped
2 cloves garlic, minced	1 TB chili powder	2 tsp ground cumin
1/2 tsp salt	1/2 tsp ground pepper	1 (14 oz) can petite-diced tomatoes
1 1/2 cups water	1 cup frozen corn	1 (15 oz) can no-salt added black beans, rinsed
1/2 cup chopped cilantro	3 TB salsa and/or shredded Mexican blend cheese	

Directions:

1. Heat oil in a large saucepan over medium heat.
2. Add rice and cook, stirring until starting to brown, about 3 minutes. Add onion, garlic, chili powder, cumin, salt and pepper: cook, stirring until fragrant; 1 to 2 minutes.
3. Add tomatoes and water; bring to a boil, then reduce heat to maintain a simmer.
4. Cover and cook until the liquid has been absorbed, 18 to 20 minutes. Remove from heat and fluff with a fork. Gently stir in beans and corn. Cover and let stand for 10 minutes. Stir in cilantro and serve with salsa and cheese, if desired.

Recipe courtesy of Eating Well

