

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

May 2024JEFFERSON 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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FAIRBURY ADVENTURE RACE DETAILS

The JCH&L Fitness Center is excited to bring back the Fairbury Adventure Race in 2024! The date for this 8- to 12-mile course is set for **Saturday, June 8**. It will include bicycling, running and orienteering using a simple map. The race will start at the Burkley Fitness Center and will finish at Rock Creek Station. Transportation back to the Fitness Center will be provided for participants and their bikes. This will be a team event only (no individual participants). Teams must consist of 2 or 3 participants. All participants are required to be 16 years of age or older.

Cost is \$60 per team. Registration will begin at 8 a.m. with the pre-race meeting and map distribution beginning at 8:30 a.m. Race will start at 9 a.m.

Required Items:

- Mountain Bike
- Bike Helmet
- Hydration Pack or water bottle

Suggested Items:

- Extra bike tubes and pump
- Sunscreen
- Bug repellent

**It's ADVENTURE RACE time!!**

Please register before May 10 to be guaranteed a t-shirt. There will be CASH PRIZES for the top 3 teams.

***State park permits are required for vehicle entry to Rock Creek Station.** Bicyclists do not require a permit.*
The BFC would like to thank all of our sponsors for this event.

T-shirt clue: Put the pedal to the metal

ARE YOU READY FOR A 2-MONTH CHALLENGE?

If you are up for a fitness challenge this spring, we may have just what you are looking for! Members can pick from 3 separate challenges that will run for all of May AND June.

Challenge #1: Stay One Step Ahead. This challenge is all about moving time on your feet. Participants should aim for 120 minutes per week of : walking or jogging outdoors, on the treadmill or in the pool.

Our challenge: May—12 hours June—15 hours

Challenge #2: Active Spring. We challenge you to be very active this spring! Track ANY of your favorite activities. This challenge can include but it not limited to: walking, jogging, hiking, biking, playing a sport, swimming, gardening, lifting weights or participating in a BFC class. Record your activity and how long you do it each day.

Our challenge: May—20 hours June—23 hours

Challenge #3: Pedal Easy. This challenge is all about miles on the bike! Participants just need to record their mileage either riding outdoors or indoors.

Our challenge: May—40 miles June—50 miles



Calendars for recording mileage/hours will be available for all challenges. Prizes will be awarded to all participants meeting **our** challenge for BOTH months. The participant posting the MOST TOTAL HOURS/MILES for May AND June combined wins a \$50 gift card. A gift card will be available for all three challenges. Only ONE challenge per person. Let's have fun this Spring by Moving More In 2024!!



MONTHLY TEE SHIRT GIVEAWAY

Congrats to Pat Zach for finding the April t-shirt!
Search for the clue in this newsletter for the May t-shirt giveaway!

MEMORIAL DAY HOURS

The BFC will be OPEN on Memorial Day (Monday, May 27)

From 6 a.m. to 2 p.m.

Have a Safe and Happy Holiday!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Avocado Egg Salad**

Creamy, easy to make, and delicious! The Healthy Avocado Egg Salad is made with hard boiled eggs, no mayo, and perfect for a quick and easy lunch in 10 minutes or less.

Ingredients:

6 peeled hard boiled eggs	2 ripe large avocados	juice of 1/2 of a lemon
1/4 cup plain Greek yogurt	1/2 cup crushed walnuts	1/2 tsp crushed red pepper (optional)
Salt and pepper to taste		

Directions:

1. In a mixing bowl, mash the eggs with the peeled avocados.
 2. Add in the juice of 1/2 lemon and plain yogurt, then mix.
 3. Add in the walnuts, red pepper, salt and pepper.
 4. Mix together until combined.
- Feel free to substitute the chopped walnuts with chopped pecans or sliced almonds instead.
 - If you don't feel like boiling eggs, buy pre-cooked hard boiled eggs from the grocery store instead.
 - This salad typically lasts about 2 days in an airtight container in the refrigerator.

Recipe courtesy of Jar Of Lemons

