

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



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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JULY 4TH BFC HOURS

The Burkley Fitness Center will be OPEN from 6 a.m. until 2 p.m. on Thursday, July 4.

There will be no fitness classes.

HAVE A SAFE AND FUN
 INDEPENDENCE DAY!



FITNESS IS FUN KIDS DAY

Fitness can be fun at ANY age! The BFC is offering an afternoon of fun and fitness for kids entering Kindergarten through 6th grade. There will be fun games, various activities, healthy snacks and much more. We want to help jumpstart your child to a lifetime of health!



Cost is \$3 per child and **pre-registration is required**. Registration forms are available at the Fitness Center. Sessions will be divided into 2 separate groups and days.

Kids entering grades K-2—Tuesday, July 16

Kids enter grades 3-6—Thursday, July 18

Both sessions will run from 1:30 to 4 p.m. Please have your child wear their sneakers!

For more information, contact the Fitness Center at (402)729-6139.

This event is sponsored by the BFC and Jeffs Gone M.A.D.

SIGN YOUR CHILD UP TODAY—FITNESS IS FUN

MONTHLY TEE SHIRT GIVEAWAY



Congrats to Rich DeBoer for finding the June t-shirt! Search for the clue in this newsletter for the July t-shirt giveaway! One shirt per person.

Why You Might Be Gaining Weight

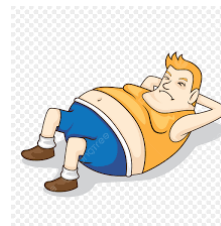
Have you noticed your weight slowly inching up but you can't put your finger on just why? Here are a few suggestions that may help you figure it out.

1. **Little things add up over time.** It's not the "once-a-month" feast that does it, but more likely the daily little bad habits that add up over time. Be mindful of what you are eating at all times. High calories drinks (smoothies or doctored up coffee) can also really add up. If you overeat one day, try to go back to good habits the next day.
2. **Don't over estimate your exercise calorie burn.** The majority of people overestimate how many calories they burn during an exercise session. And studies have found that popular activity trackers may overestimate calorie burn by up to 93 percent! Stop relying on your fitness tracker for this information and be realistic about how much effort you really put into that workout.
3. **Don't underestimate your calorie consumption.** Odds have it you are not counting all the calories you are eating. A cookie here and a chip or two there all add to the calorie count. As with the exercise, be realistic about how much you are actually eating. Be mindful of "trigger" foods that cause overeating.
4. **Check out any health concerns you may have.** An underlying health issue may cause weight gain. Be diligent and leave no stone unturned if you feel something odd about your health. It doesn't hurt to re-investigate all the possible facets.



T-shirt clue: lift the bell

DID YOU KNOW.....you can't target 'trouble spots' with exercise? Concentrating on specific muscle groups will not reduce the fat in those areas. For example, doing sit-ups will not melt away the fat on your stomach. As we workout, we burn fat from **all over** our bodies. The pattern is determined by genes, age and hormones—not by how many sit-ups you've done. If you want to see muscle definition, focus on your **diet** (less body fat shows more definition), full body workouts and **cardio**. Reduce your calorie intake and do more cardio to burn more calories and fat.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Zucchini Chicken Burgers**

It's zucchini season and these chicken burgers are the perfect combination. Plus they are healthy and full of flavor!

Ingredients:

| | | |
|------------------------------------|-----------------------------------------------------------|----------------------------|
| 1 medium zucchini, shredded finely | 1 small onion, shredded finely | 1 lb ground chicken breast |
| 1 c whole wheat panko breadcrumbs | 1 egg | 1/2 tsp kosher salt |
| 1/2 tsp black pepper | Buns and burger toppings (cheese, tomatoes, pickles, etc) | |

Directions:

1. Preheat grill or grill pan over medium-high heat.
2. Squeeze the shredded zucchini to release as much water as possible. In a large bowl, combine zucchini, onion, ground chicken, egg, breadcrumbs, salt, and pepper using clean hands. Form the mixture into four or five patties.
3. Grill the patties on grill or in pan for 6 to 7 minutes, then flip, and grill an additional 3 to 4 minutes, or until the internal temperature of the burgers reads 160 degrees.
4. Place the burgers on buns and top with desired toppings.

Optional Lemon-Feta Mayo:

1/2 cup mayonnaise
2 TB crumbled feta
Juice and zest of one lemon
Salt and pepper to taste
Combine all ingredients and spread on top of burgers

Recipe courtesy of : Wholefully

