

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 2025JEFFERSON 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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MARCH MOVE A MILE CHALLENGE

Winter is almost over so it's time to start moving again! The BFC is once again offering the Move A Mile challenge. It's simple, all you have to do is move your body for at least 1 mile each day for the entire month of March. This can be done inside or outdoors. Here in the Fitness Center, participants can use the treadmills, stationary or spin bikes, row machine, stair stepper, step-mill, elliptical trainer, and the Nu-step machines. If you prefer to go outdoors, participants can walk/jog or ride their bikes.

Why a mile a day? Simply put, to help create better habits. Real success comes from real change and that requires a re-patterning of your lifestyle. Moving a mile for the entire month each day will help you learn how to make time for fitness. The rules are simple:

1. Must do at least 1 mile **each day**.
2. No make-up days!
3. Track each day on the calendars provided by BFC and report in weekly to keep yourself accountable.
4. Starts Monday, March 3.

Let's create good habits by moving your body at least one mile for an entire month! WHO'S IN??



DID YOU KNOW....if a healthy food has to tell you it's healthy, it probably isn't. Manufacturers will label their food in such a way to persuade us to buy it. By labeling things as "low fat" or "sugar free", they are making them appear as healthy options. However, if you take a closer look, you will see that these things may still contain incomprehensible chemicals and components such as artificial sweeteners. Do

apples have a label that reads "high in fiber," "natural" or "good for you"? Read the label to find out if the product is actually "good for you"!

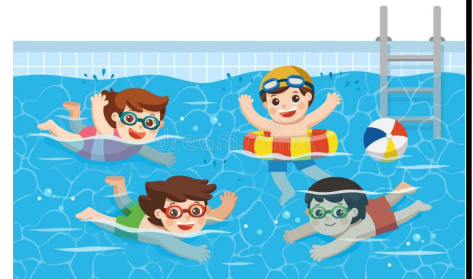


Youth Swim Offered in March

The BFC will be offering another youth swim on Thursday, March 13, from 9 to 11 a.m. Children in grades 1-6 will be allowed to swim in the pool without a parent or guardian as there will be a lifeguard on duty. This event is free for members. Non-member fee is \$3 per child.

Participants should bring their own life jacket if needed. All swimmers need to STAY IN THE POOL/LOCKER ROOM AREA. All other areas are off limits (including the activities court) during this time. Pre-registration is required for this event.

Forms are available at the Fitness Center. All participants must check in at the front desk before entering the pool area.



KEEP YOUR WORKOUTS ALIVE IN 2025

The new year is well on it's way and here at the Burkley Fitness Center our motto is to Keep Your Workouts Alive in 2025! We want everyone to stay on track with working out this year. What can we offer? So many things!

- Classes are available for all fitness levels on land and in the water.
- Heated pool
- A big variety of cardio equipment
- Top of the line weight lifting machines
- Free weights and large weight room
- Core equipment
- Access to Les Mills videos and more
- Activities court for basketball, volleyball and more
- Walking track

Just to name a few! Our staff is always willing to help any member out, so please don't be afraid to ask. With all that we have to offer, there is no reason not to Keep Your Workouts Alive in 2025!!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Air Fryer Pork Chops**

Ingredients:

4 boneless pork loin chops	2 tsp. seasoned salt, divided	1/2 cup flour
1/2 tsp pepper	1/4 tsp cayenne pepper, optional	1 egg
1/2 cup milk	1 cup panko breadcrumbs	4 tsp. olive oil
1/4 cup grated parmesan cheese		

Directions:

1. Remove the pork chops from the refrigerator about 30 minutes before cooking. Sprinkle the chops all over with 1 tsp of the seasoned salt, then let them come to room temperature.
2. In a shallow bowl, whisk together the flour, remaining 1 tsp of seasoned salt, pepper, and cayenne pepper. In a second shallow bowl, whisk together the egg and milk. In a third bowl or plate, mix together the panko crumbs and olive oil. Use your fingers to rub the oil into the panko, if necessary. Stir in the parmesan cheese.
3. Pat the pork chops dry with a paper towel. Dredge each of the pork chops in the flour mixture, gently shaking to remove any excess. Next, dip each pork chop in the egg mixture, letting any excess drip off. Finally, dredge each in the panko breadcrumb mixture and place on a clean plate.
4. In an air fryer basket, place the pork chops in a single layer. Cook at 390 degrees for 8 minutes. Flip the pork chops and cook for 4 to 6 more minutes, or until the internal temp is at least 145 degrees.

