

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 2025



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

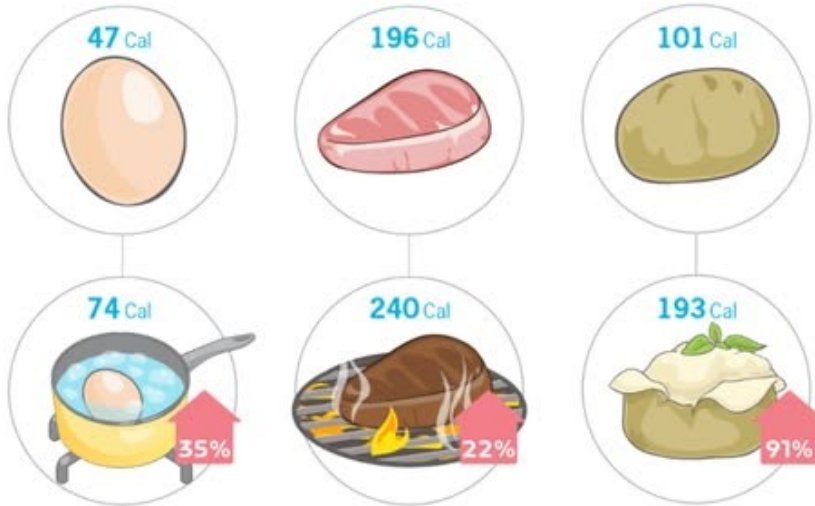
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Vol. 29—Issue 4

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The problem with calorie counting

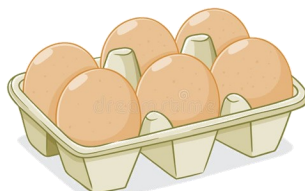
Cooking your food generally makes more of the calories available for absorption, and food labels don't always reflect that



“Calories in, calories out” sounds simple, but the reality is far more complex. Your food doesn’t just disappear into a math equation. How you prepare it, how your body processes it, and even your stress levels can all influence how many calories you absorb.

So while calorie counting can be a useful tool for awareness, it’s just that: a tool, not an exact science. Sure, it might help some people create awareness around their intake. For others, obsessing over numbers can do more harm than good. You don’t need to be a human calculator to make progress.

DID YOU KNOW.....eggs are one of the healthiest foods you can eat? Eggs have been unfairly demonized because their yolks are high in cholesterol. However, studies show that cholesterol from eggs doesn’t raise blood cholesterol in the majority of people. New studies that include hundreds of thousands of people show that eggs have no effect on heart disease in otherwise healthy individuals. The truth is, eggs are one of the healthiest and most nutritious foods you can eat.



BOGO HALF OFF PUNCH CARDS

From March 17th to April 18th, the BFC will be offering a punch card promotion of Buy One Get One Half Off. This can be used on any punch card we have available. Our punch cards include:

- Swimming Pool Only—\$30 for 12 visits
- Youth (ages 14 to 18)—\$30 for 12 visits
- Regular (use of the entire facility)—\$25 for 6 visits

Anyone can purchase one of these punch for regular price and the second one will be half price. If 2 different punch cards are purchased, the higher priced card will be full price. For example, if a swimming punch card (\$30) was purchased with a regular punch card (\$25—1/2 price = \$12.50) the total price would be \$42.50.

It’s a great time to take advantage of this special promotion!



EASTER SUNDAY

The BFC will be **CLOSED** April 20, Easter Sunday. Regular hours will resume on Monday.

APRIL YOUTH SWIM

On April 18 from 12:30 to 2:30 p.m., the BFC will be offering another Youth Swim for children in grades 1-6. All children will be allowed to swim without a parent or guardian as a lifeguard will be on duty. This is **FREE** for members. Non-member fee is \$3 per child. Participants that are in need of a life jacket should bring their own. We kindly ask that all swimmers please **STAY IN THE POOL/LOCKER ROOM AREA**. All other areas are off limits during this time. There will be a **BUILD YOUR OWN SNACK** table on the aerobics floor for those wanting to put together a healthy snack before leaving the Fitness Center. Pre-registration is required for this event. Forms are available at the BFC and all participants must check in at the front desk before entering the pool.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Blueberry-Lemon Ricotta Pound Cake**

Ingredients:

| | | |
|------------------------|--------------------------------------|----------------------------|
| 3/4 cup sugar | 5 TB unsalted butter (room temp) | 3 lg eggs (room temp) |
| 3/4 cup ricotta cheese | 2 TB lemon juice plus 1 tsp, divided | 2 TB lemon zest |
| 1 tsp vanilla extract | 1 1/2 cups white whole wheat flour | 2 tsp baking powder |
| 1/2 tsp salt | 2 cups fresh blueberries | 2 TB packed powdered sugar |

Directions:

1. Preheat oven to 350 degrees. Coat a 9 x 5 inch loaf pan with cooking spray and line the bottom with parchment paper.
 2. Beat sugar and butter in a large bowl with electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 TB lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.
 3. Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean—about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.
 4. Mix powdered sugar and remaining 1 tsp lemon juice until smooth. Brush the glaze on cooled cake.
- *Tip: Room temperature eggs make cake fluffier. Place in lukewarm water for 5 minutes.