BFC HOURS Monday—Fride 5:00 a.m. to 9 p. Saturday 7:00 a.m. to 5 p. Sunday 1—5 p.m. Phone: 402-729-6 Website: JCHealthandlife.		Follo	F) CHEL B ow us on 7		JEFFERSON COMMUNITY Health & Life BURKLEY FITNESS CENTER Health & Life BurkLey FITNESS CENTER Health & Be Active. Be Health Be A Better You Dublication Vol. 29–Issue 6				
TRACKING THE HEA				HEY C			S SPEED	POWER	
Pedometers	<ul> <li>✓</li> </ul>	×	×		×	×		×	WATERHOLE
Activity Bands	<ul> <li>✓</li> </ul>							X	WEDNESDAYS Beginning June 11, the BFC will once again be offering our fruit/veggie infused water for all our members to enjoy. Staying hydrated is very important for your overall health an this is just our way or providing an
Smartwatches	✓	<b>v</b>			<ul> <li>✓</li> </ul>		<ul> <li>✓</li> </ul>	X	
Chest Straps	X	$\checkmark$	X	X	X	X	X	X	
Ring Trackers		$\checkmark$	$\checkmark$		$\checkmark$		X	X	
Smartphone Apps			X	X	X	X		X	
Medical Wearables	<b>v</b>	$\checkmark$	<ul> <li>✓</li> </ul>	$\checkmark$	<b>v</b>	$\checkmark$	<b>v</b>	X	
Strength Wearables			$\checkmark$					$\checkmark$	
✓ Very accurate 🥚 Decent accuracy 🗙 Limited or not available									easy way to get your much needed water.
While our ancestors relied on their senses to assess how they were doing, increasingly we rely on									much needed water.

While our ancestors relied on their senses to assess how they were doing, increasingly we rely on gadgets. The above chart shows the reliability of various tracking devices.

## JUNE IS GREAT OUTDOORS MONTH

It's time to enjoy the weather and get outdoors during the Great Outdoors Month! Here at the BFC, we love to see our members come in and work out but we also know it's important to get outdoors. This is the perfect time of the year to split your indoor workout with an outdoor one. Come in and do your resistance training or attend a class then head on outside and enjoy a long walk, jog or bike ride. Getting closer to nature is not only beneficial physically, it also benefits your mental and emotional health.

DID YOU KNOW....only 10% of people are successful at losing weight through diet alone. Although weight loss should not be the sole purpose of working out, when combined with diet, it is the BEST way to lose weight.

The National Weight Control Registry revealed a fact about

exercise that didn't come to a surprise to anyone. They found that 89% of people who use a combination of diet and exercise were successful at keeping the weight off for over a year.



So exercise, eat right and keep the weight off for years or better yet, a lifetime!

## SUMMER PUNCH CARDS

**ENJOY!** 

**Circl at New Time** 

Tuesdays and Thursdays at

7 a.m. Move your body for

30 minutes. Classes free for

Circl mobility now at

members!

5 p.m. on Wednesdays;

The BFC is now offering \$40 punch cards from May 19 to July 5. Each card has 18 total punches with is less than \$3 per visit! Cards never expire and more than one can be purchased at a time. Stop by the front desk to buy your summer punch card today!



Purchase as many as you want-no limit!



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CHANGE SERVICE REQUESTED

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

1 cup long-grain rice

1 TB chili powder

1 cup frozen corn

1/2 tsp pepper

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 or avocado oil
- 2 large cloves garlic, minced
- 1/2 tsp salt
- 1 1/2 cups water
- 1/2 cup chopped cilantro
- 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 TB salsa and/or shredded Mexican blend cheese

- 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.
- 5. Gently stir in beans and corn. Cover and let stand for 10 minutes. Stir in cilantro and serve with salsa and cheese, if desired.



1 medium onion, chopped

1 (15 oz) can no-salt black beans, rinsed

1 (14 oz) can petite diced tomatoes

2 tsp ground cumin