

**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 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

Follow us on Twitter & Facebook



Vol. 29—Issue 5

## SWIM TEAM TO PRACTICE AT BFC

The Fairbury Swim Team will once again be using the JCH&L Burkley Fitness Center for practice sessions in May.

Dates and times are as follows:



Monday, May 19 thru Thursday, May 22

Tuesday, May 27 and Wednesday, May 28



All practice times will be from **10:00 a.m. until 12:30 p.m.**

The BFC pool will be **CLOSED to members** during this time.  
 We appreciate your understanding and support

## SENIOR HEALTH AND FITNESS DAY AT BFC

All seniors are welcome to join us at the Burkley Fitness Center for Senior Health & Fitness Day, Wednesday, May 28, from

1:30 to 3 p.m. sponsored by JCH&L Sterling Connection.



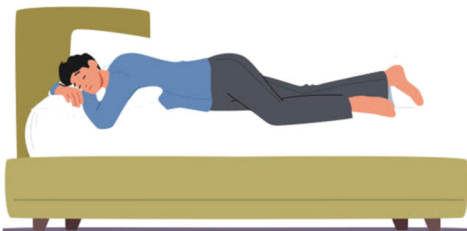
Jen Johnson, BFC Manager, will speak on senior mobility and Pharmacy Director Brandon Bleich will speak on over-the-counter supplements, such as Vitamin D and calcium.

We will have refreshments and door prizes. Pre-registration is encouraged by calling 402-729-6855, but not required. It's a great opportunity for seniors to learn more!

**EXERCISE IS YOUR KING, &  
 NUTRITION IS YOUR QUEEN.  
 TOGETHER THEY CREATE  
 YOUR FITNESS KINGDOM**

—JACK LALANE

**DID YOU KNOW.....**that napping can improve physical and cognitive performance? Studies show that napping for approximately 30 to 60 minutes was better than shorter or longer naps for improving performance. Also, a longer period between nap awakening and testing was better for improving performance and the maximal benefit was obtained around 2 hours after napping.



## **MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH**

Every year during May the President's Council on Fitness, Sports, and Nutrition aims to encourage and promote physical activity, fitness, and sports participation for people of all ages.

The council aims to dispel many misplaced notions about fitness that lead to many people giving up on their fitness goals. Exercise isn't about the pounds you shed or the number of burpees you should be able to do. The key to an active, healthier lifestyle is **consistency**. No matter what you do for activity, keep doing it and while you're at it, make better food choices and eat healthier. The simplest things are the hardest to do but this is the key to leading a happy and healthy life.

After just one month of regular exercise, your body's strength and stamina improves. You may be able to walk, jog, or bike further and faster.

Staying active can help you maintain a healthy weight, reduce your risk for developing type two diabetes and heart disease. It can also help you reduce stress and make you less anxious and depressed.

If you need extra incentive to get active, join a sports league or group. Pickle ball, frisbee golf, corn hole or basketball are just a few examples. Or you can exercise with your family. Just go out for a walk or a bike ride or toss the ball around the yard. Remember to try and keep it fun so you'll be more likely to do it daily.



## **BFC MEMORIAL DAY HOURS**

The Burkley Fitness Center will be **OPEN** Memorial Day, Monday, May 26 from **6 a.m. until 2 p.m.**

Have a **SAFE** and **HAPPY** holiday!



CHANGE SERVICE REQUESTED

## Recipe of the Month: Meximelt Recipe

### Ingredients For the Pico De Gallo:

1 cup chopped tomato	1/4 cup chopped scallion	1/4 cup chopped cilantro
1/2 jalapeno (minced)	2 TB fresh lime juice	1/4 tsp kosher salt

### Ingredients For the Ground Taco Meat:

1 lb 93% lean ground turkey	2 cloves minced garlic	1/2 sm onion, minced
2 TB red ball pepper, minced	1/3 c water	1/2 c caned tomato sauce
1 1/2 TB taco seasoning	8 low-carb taco flour tortillas	2 1/4 c Mex. shredded cheese blend

### Directions:

1. To prepare the pico de gallo, toss all ingredients together in a bowl and refrigerate. Drain when ready to use.
2. Brown turkey breaking it into smaller pieces as it cooks. When no longer pink, add taco seasoning. Mix well.
3. Add the onion, garlic, bell pepper, water and tomato sauce. Stir and cover and simmer on low for about 15 min. or until the sauce thickens and the flavors meld.
4. Uncover and cook over med. heat until the liquid reduces and evaporates—about 3 to 5 minutes.
5. Warm flour tortillas for about 20 seconds on a clean towel in the microwave. Top each tortilla with 1/4 c cheese, 1/3 c taco meat and some of the pico de gallo. Fold in the sides and roll up like a burrito.
6. Wrap each Meximelt in the damp paper towel and microwave for 60 sec each. Remove and serve immediately.

