

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

July 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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BEGINNER WATER AEROBICS CLASS

The BFC is now offering a Beginner Water Aerobics class on Wednesdays from 2:00 to 2:45 p.m. This class uses simple exercises to help improve balance and quality of movement.

This water class could help those just out of Physical Therapy or older members wanting to improve their balance and range of motion. Working out in the water is a great way to get movement in your day without impacting your joints.

Class is open to anyone interested. Come in & check it out!



BFC FOURTH of JULY HOURS

The Burkley Fitness Center will be OPEN on Friday,

July 4, from

6 a.m. to 2 p.m.



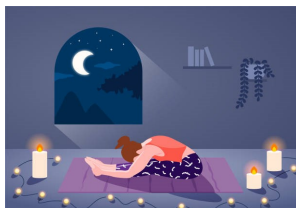
HAPPY HOLIDAYS!



DID YOU KNOW....working out in the morning versus the night can make a difference on many factors?

Research has linked morning workout routines to greater productivity, improved sleep, and lower blood pressure as well as an increase in metabolism for most people. In addition, people who work out in the morning may psychologically be more apt to making better food choices throughout the day. However, morning workouts have been linked to greater joint stiffness and swollen discs.

On the contrary, late afternoon and evening workouts are better for the night-owl type person and have been shown to provide a deeper benefit of stress reduction, greater endurance and improved anaerobic performance. Another huge factor in the relationship between time of workout and benefits, is sleep. Since working out too close to bedtime can interfere with deeper sleep, routines such as relaxing Yoga can actually help for deeper sleep if it is closer to bedtime. So choose your workout time wisely!



GROUP SWIM LESSONS

The BFC will be offering small group lessons later this summer. This class will be open to children who can float and tread water and are ready to learn more swimming skills. Dates and times are not yet determined. Please call the Fitness Center at 402-729-6139 if interested.



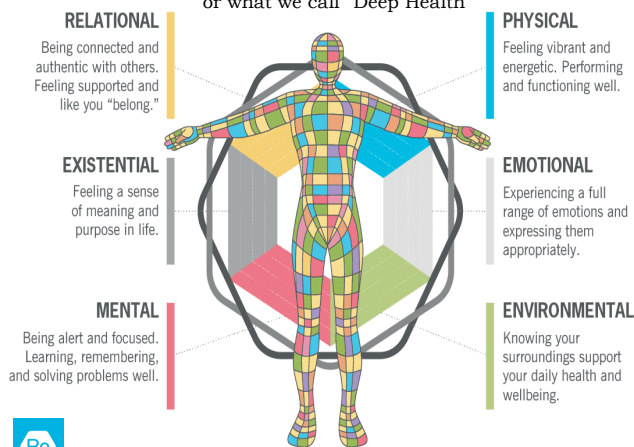
THE TRUTH ABOUT BODY FAT

Some people villainize body fat. Others say body fat levels aren't indicative of overall health. In reality, the truth lies in between the extremes. Body fat serves a purpose. Because of its many roles, some body fat is essential for optimal health. It stores energy, keeps us warm, cushions our internal organs and helps manufacture hormones.

YOUR PHYSICAL HEALTH IS MERELY ONE ASPECT OF YOUR OVERALL HEALTH

Many health dimensions play vital roles in your overall health,

or what we call "Deep Health"



YOUR BEHAVIORS AND ACTIONS HAVE THE MOST IMPACT ON YOUR OVERALL HEALTH—NOT YOUR BODY SIZE OR BODY FAT PERCENTAGE.

CHANGE SERVICE REQUESTED

Recipe of the Month: Peanut Butter Chocolate Chip Zucchini Baked Oatmeal

Ingredients :

1/2 c natural drippy peanut butter (creamy or chunky)	1TB pure maple syrup or honey
1 large egg, slightly beaten	1 1/3 c unsweetened vanilla almond milk
1 1/2 c old fashioned rolled oats	1 tsp cinnamon
1/4 tsp nutmeg	1 c shredded zucchini, squeezed of moisture
1/4 c mini chocolate chips, plus 2 TB for sprinkling on top	
1 tsp vanilla extract	
1/2 tsp baking powder	
1/4 tsp salt	

Directions:

1. Preheat oven to 350 degrees. Grease an 8x8 baking pan with coconut oil or generously spray with nonstick cooking spray.
2. In a large bowl, add in peanut butter, maple syrup, egg, vanilla and almond milk. Whisk together until will combined and no large lumps of peanut butter remain.
3. Fold in oats, baking powder, cinnamon, nutmeg and salt.
4. Fold in shredded zucchini that has been squeezed of excess moisture and mini chocolate chips.
5. Pour into prepared pan and make sure oatmeal is evenly spread out. Sprinkle 2 tablespoon of mini chocolate chips on top. Bake for 30—35 minutes until barely golden brown on top and oatmeal is set.
6. Allow to cool for a few minutes then cut into 6 servings and enjoy!

