

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

August 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 8

Health Is About More Than Your Weight

Most people focus too much on weight gain or loss. The truth is that overall health goes way beyond that. Focusing just on body weight is counterproductive. It's possible to improve health without losing weight and vice versa. It appears that the area where fat builds up is important. The fat in your abdominal cavity or what we know as "belly fat" is associated with metabolic problems, while the fat under your skin is mostly a cosmetic problem. Therefore, reducing belly fat should be a priority for health improvement. The fat under your skin or the number on the scale doesn't matter as much. Some of the best ways to lose belly fat are also ways that improve your overall health. You can drink less alcohol, eat more protein, avoid excessive sugar (be aware of all the sugar in soda pop, fruit juices and energy drinks) lift weights and do a bit of cardio each day.



Remember, overall health isn't just about how much you weigh. Your mental and emotional health can not be overlooked. Avoiding stress can help tremendously and getting enough sleep is also a very important part of overall health.



Back To School 3 Month Specials

The Burkley Fitness Center will once again be offering **3 month** membership specials. This special will begin July 21 and go through Aug. 31. Prices:

Student—\$80 (normally \$100)

Individual—\$130 (normally \$150)

Family—\$165 (normally \$185)

All memberships must be PAID IN FULL at the time of sign-up.



If you know of anyone that may be interested in joining the fitness center but would like to give it a trial run first, let them know about this **Back To School Special!**

BFC Labor Day Hours

The Burkley Fitness Center will be **OPEN** on Monday,

Sept. 1 from

6 a.m. to 2 p.m.

HAPPY HOLIDAYS!**LABOR DAY****LABOR DAY**

DID YOU KNOW....sugary drinks are the most fattening product in the modern diet?

Excess sugar can be detrimental to health and getting it in liquid form is even worse. The problem with liquid sugar is that your brain doesn't compensate for the calories by eating less of the other foods.

In other words, your brain doesn't register these calories, making you eat more calories overall. Sugary drinks include soda, energy drinks, sports drinks (some of these are better than others) and fruit juices. Many people believe that fruit juices are healthy, as they come from fruit. Though fresh fruit juice may provide some of the antioxidants found in fruit, it contains just as much sugar as sugary soft drinks like Coca-Cola. As juice offers

no chewing resistance and trace amounts of fiber, it's very easy to consume a lot of sugar. A single cup (240 ml) of orange juice contains as much sugar as 2 whole oranges. If you're trying to avoid sugar for health reasons, you should avoid fruit juices as well. While fruit juice is healthier than soft drinks, its antioxidant content doesn't make up for the large amounts of sugar. Your best choice is just plain water.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Chicken Zucchini Casserole**

Ingredients :

| | |
|--------------------------|---|
| 3 TB butter, divided | 2 lbs boneless, skinless chicken breast, cut into 1 inch pieces |
| 1 lg red pepper, chopped | 2 large zucchini, cut into 1/2 inch pieces |
| 4 cloves garlic, minced | 1 tsp Italian seasoning |
| 3/4 c whole milk | 1/4 c all purpose flour |
| 3/4 tsp pepper | 3 oz chive & onion cream cheese |
| | 3/4 c chicken broth (low salt) |
| | 1 1/4 c shredded mozzarella cheese, divided |
| | 1/2 tsp salt + 1/8 tsp |

Directions:

1. Preheat oven to 400 degrees. Melt 1 TB butter in a large skillet over medium-high heat. Add chicken pieces; cook stirring occasionally until well browned, 8 to 10 min. Transfer the chicken to a medium bowl. Add zucchini, bell pepper, garlic and Italian seasoning to the pan; cook, stirring occasionally, until the vegetables start to soften, 4 to 6 min. Transfer the zucchini mixture to the bowl with the chicken.
2. Add the remaining 2 TB butter to the pan. Stir in 1/4 c flour, stirring constantly, until the flour starts to brown—about 1 min. Add broth and milk; bring to a boil, whisking often. Remove from heat and add cream cheese and mozzarella; stir until melted. Stir in pepper and salt. Thoroughly drain liquid from the chicken/veggie mixture; stir the chicken\veggie mixture into the cheese sauce mixture. Transfer to a 2 quart baking dish. Place the dish on a foil lined baking sheet; sprinkle the casserole with remaining 1/2 c mozzarella.
3. Bake until the top is browned and the edges are bubbly, 18 to 20 min. Let stand for 10 min. before serving.
4. Eat by itself or serve over rice or mashed potatoes.

