

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

November 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 11

MAINTAIN DON'T GAIN HOILDAY CHALLENGE

It's the holiday season and time for our Maintain Don't Gain challenge! This challenge will start Nov. 3 and go through Jan. 2. The rules are simple: you must maintain your starting weight or lose weight, for the months of November and December. We will once again be adding the fun option of **Making A Pledge on Yourself!**

For example, after your first weigh-in, if you feel confident enough that you can maintain that weight or even lose weight, you can pledge anywhere from \$1 to \$10 on yourself. If you don't gain by the end of the challenge, we will return what you paid in. If you gain, we will keep that amount and if you lose 3 or more pounds, we will double the amount



you pledged! All participants must weigh in at any time at the BFC on Nov. 3 or 4. Your starting weight will be recorded and you will then be weighed each Monday or Tuesday for all of November and December. Final weigh-ins will be Jan. 2 thru Jan. 6, 2026. All pledges must be made on the first day of weigh-ins. Challenge rules and weigh-in dates will be posted on the front wall.

PUNCH CARD SPECIAL

Do you have friends or family visiting for the holidays and do they want to stay active while they are here?

Beginning Nov. 17, the BFC will offer a special on our Holiday Punch Cards: \$40 for a punch card with 18 visits. Each punch card is good for the entire day for use in the gym, pool, weight room, cardio equipment and even fitness classes! There is no expiration date on the cards. This promotion runs through Dec 31.

FOOD CONTINUUM

When it comes to sustainable, healthy weight loss—what are you NOT willing to live without?

There may be some foods and experiences you don't want to give up—as well as others that you're just not willing to try. That's okay.

The good news: YOU get to decide what changes you're willing to make AND maintain.

Try the continuum approach by asking yourself: What tiny changes are you okay trying? What healthier foods are you willing to eat? What portions are you willing to shrink, just a tad?



DID YOU KNOW... It's better to EAT your vitamins? Many people worry they're not getting the daily recommended vitamins their bodies need. While multivitamins can be a necessary supplement for some, the best way to get your vitamins is by eating them. A diet of whole grains, vegetables and fruits offers the vitamins and minerals for feeling your best. When taking multivitamins, you can easily exceed the daily recommended amount too. That's why it's important to consult a doctor or dietitian about what supplements or multivitamins make sense for you. Real food is the key to better health.



SAMPLE FAST FOOD CONTINUUM



**DOUBLE
CHEESEBURGER**
740 Calories



**REGULAR
CHEESEBURGER**
520 Calories



**GRILLED
CHICKEN
SANDWICH**
350 Calories

LARGE FRIES
490 Calories

MEDIUM FRIES
320 Calories

**BAKED POTATO
with
SOUR CREAM**
310 Calories

**PLAIN BAKED
POTATO**
270 Calories

10 TACOS
1800 Calories

6 TACOS
1000 Calories

**CHICKEN
QUESADILLA
with
SOUR CREAM**
540 Calories

**CHICKEN
QUESADILLA,
PLAIN**
520 Calories

REINDEER WALK

Friday, Dec. 5— 5 p.m. check in, 5:30 p.m. walk
 Starts at Fifth and E streets in downtown Fairbury
 All ages are welcome!

Registration: \$5 per person—each participant gets a set of blinking antlers.

Pre-registration at the fitness center encouraged

THANKSGIVING HOURS

Wednesday, Nov. 26

5 a.m. to 7 p.m. (will have evening classes)

**Thanksgiving Day—Nov. 27
 CLOSED**

Friday, Nov. 28

5 a.m. to 7 p.m.



CHANGE SERVICE REQUESTED

Recipe of the Month: **PUMPKIN ZUCCHINI BREAD**

Ingredients:

1/2 c. melted coconut oil or unsalted butter, softened	1/3 c honey	3/4 c pumpkin puree
2 large eggs	1 c shredded zucchini	1 3/4 c whole-wheat pastry flour OR whole-wheat flour
1 tsp baking soda	1 tsp baking powder	2 tsp pumpkin pie spice
		1/4 tsp salt
1/2 c semisweet chocolate chips + extra for sprinkling on top		

Directions:

1. Preheat oven to 350 degrees and grease a loaf pan or line with parchment paper.
2. In a large bowl, add softened butter, pumpkin, and honey. Blend until light and fluffy with an electric mixer on HIGH (1-2 min). Add the eggs and beat just until combined.
3. Place the shredded zucchini in a paper towel and squeeze out the excess water until none is left. Add zucchini to wet ingredients and combine using a wooden spoon.
4. Add the wet ingredients to the dry and stir to combine, careful not to overmix. Fold in choc. Chips.
5. Pour batter into loaf pan and sprinkle extra chocolate chips on top.
6. Bake for 45—50 min. or until a toothpick inserted into the center comes out with only moist crumb-clinging to it.
7. Let stand until cool then remove from pan.

