

**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

October 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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## FIVE FREE FRIDAYS AT BFC

During the month of October, the Burkley Fitness Center will be offering **FREE FRIDAYS** for non-members! Any non-member can come into the Fitness Center at no charge on each Friday of the month. All rules and policies will apply. Here are a few reminders of our rules and policies:

No one under the age of 14 is allowed in the Fitness Center without a parent/guardian over the age of 16.

No one under the age of 16 is allowed in the swimming pool without a parent or guardian.

No one under the age of 14 is allowed in the weight room or on the fitness equipment.

As a member, if you know of anyone that would like to try the Fitness Center, please let them know about our Free Fridays! For questions, please call the front desk at 402-729 6139 and we will be happy to help.



## PICKLEBALL TOURNEY RESULTS

In September, the BFC held a Pickleball Tournament where all the proceeds went to the Hope Crisis Center. A total of 13 teams competed. The tournament offered beginner and intermediate/advanced divisions.

Here are the final results:

### Beginner Group

1st—The Paddle Penguins—Ella Steffens & Brian Peters

2nd—The Johnsons—Tanner & Jen Johnson

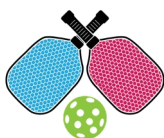
3rd—Austin Kids—Andi & Harley Austin

### Intermediate/Advanced Group

1st—Austin Powers—Shea & Johnna Austin

2nd—McAtee/Austin—Dennis McAtee & Joel Austin

3rd—Sisters—Denise Carlson & Glenda Austin



We want to thank everyone who came out and supported the Hope Crisis Center by competing in our first Pickleball Tourney!

"Everyone had a great time," said BFC manager Jen Johnson. "We hope to do it again next year and have even more teams sign up. Pickleball is one of those sports that can be enjoyed by any age group."

**DID YOU KNOW....**neither fat nor carbs make you fat? Fat has often been blamed for obesity, as it has more calories per gram than protein and carbs. (Let's define what are "good" and "bad" fats. Good fats include monounsaturated fats such as olive oil and avocados and polyunsaturated fats such as salmon and walnuts. Bad fats include saturated fats like red meat and dairy products and trans fats like fried food and margarine/shortening) Yet, people who eat a diet high in fat—but low in carbs—end up eating fewer calories than people on low-fat, high-carb diets. This has conversely led many people to blame carbs for obesity, which is incorrect, as well. Plenty of populations throughout history have eaten high-carb diets but remained healthy. It's all about calories in verses calories burned. And remember, there is a big difference between good and bad fats!



## GUEST FEE REMINDER

We would like to remind all of our members that when a "guest" is brought in by them, a **guest fee** of \$7 per person must be paid. The only exception will be in the month of October, 2025, where all guest fees will be waved on Fridays only. We thank you for your cooperation on this matter.

**FITNESS: A LIFESTYLE WITH NO FINISH LINE!**

CHANGE SERVICE REQUESTED

## Recipe of the Month: 20 MINUTE BLACK BEAN SOUP

With the temps getting cooler, this quick 20 -minute soup will warm you up. It's easy to make, healthy for you and low in calories. It's perfect for busy weeknights when you want something satisfying in a short amount of time.

### Ingredients:

4 cups unsalted vegetable broth	2 (15 oz) cans no-salt black beans, rinsed	1 cup frozen corn
1 (10 oz) package frozen chopped sweet potatoes, thawed	1 (15 oz) can no-salt fire roasted diced tomatoes	
1 cup chopped onion	1 TB refrigerated garlic paste	1 tsp. taco seasoning
		1/2 tsp salt
1/2 tsp ground chipotle	1/4 tsp ground pepper	1 (8 oz) package cream cheese cut into pieces, soft

### Directions:

1. Stir broth, beans, sweet potatoes, tomatoes, onion, corn, garlic paste, taco seasoning, salt, chipotle and pepper together in a large pot. Cover and bring to a boil over high heat.
2. Uncover and reduce heat to medium and cook until the sweet potatoes are tender—about 10 minutes.
3. Stir in softened cream cheese. Bring to a lively simmer, uncovered over medium heat. Simmer for 5 minutes, stirring occasionally, until smooth and the flavors meld.

