

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

December 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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This Holiday Season Take Time to Notice How You Feel

By Lisa Edeal, RDN, LMNT
 JCH&L Nutrition Services Director

Every December, we get flooded with the same eating tips on how to survive the holidays, such as “prioritize vegetables”, “drink a glass of water before your meal”, and “bring a healthy dish”. And honestly, most of them feel like recycled advice we’ve all heard a hundred times. What we don’t hear enough is this: holiday food isn’t the problem. The pressure we put on ourselves usually is.

Think about your traditions. Most of them come with a flavor attached—your grandma’s cinnamon rolls, your dad’s Christmas Eve chili, the sugar cookies you’ve decorated since you were a kid. These foods aren’t just “indulgences” or calories. They are connection, comfort, and memories that get passed down again and again.

A lot of the stress around holiday eating comes from unrealistic expectations and pressure to be “good” or “perfect.” So, here’s another perspective this year: enjoy the traditions that matter to you.

Be present enough to taste your food and notice how you feel. Choose what supports you, not what checks a box. When you drop the perfection, your choices naturally settle into a healthier, happier rhythm without stealing joy from the season. Healthy eating doesn’t have to mean avoiding every treat. It can simply mean honoring what you truly want – nourishing food and meaningful gatherings. Food is meant to bring people together. Let it. The holidays don’t need to be a performance. They can just be real life, with real people, sharing real meals. Let the food bring you together, not stress you out.

Change in class time! Starting Jan. 5, 2026, Circl mobility will be on Monday and Wednesday evenings at 5 p.m.

Mercedes Liebel teaches this 30-minute class that helps you move better, longer! Try it out on its new times and days!

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

Is your Medicare Supplement changing?

If you are on Medicare and have changes in your supplement, have our staff check to see if you are eligible for Silver & Fit, Silver Sneakers, or Renew Active.

These networks offer their customers a discounted rate at participating fitness facilities nationwide. Ask your insurance provider if you qualify for these programs (or similar benefits which might be offered by your insurance company.) Fitness Center staff can also help you determine if you qualify for any of these programs.

Year-end Holiday Membership Special

Let us help you get a jump on your New Year’s resolutions!

JCH&L Burkley Fitness Center is offering a year-end membership special. The special will be available to purchase from Dec. 1 through Jan. 12, 2026.

Buy a 12-month membership and pay IN FULL
 and receive 15 percent off!

Buy a 3-month membership and pay IN FULL
 and receive 10 percent off!

Stop in at the fitness center desk to purchase!

Maintain Don’t Gain Continues Through Jan. 2

We have good participation in our Maintain Don’t Gain challenge, which goes through Jan. 2. Participants began in November and have a goal of maintaining their starting weight or losing weight through the holiday season. Participants are being weighed each Monday or Tuesday for all of November and December. Final weigh-ins will be Jan. 2 thru Jan. 6, 2026. Participants—keep up the good work through this holiday season!

PUNCH CARD SPECIAL

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

Through Dec. 31, 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.

Purchase at the fitness center desk through Dec. 31.

Christmas/New Year’s Hours

Wednesday, Dec. 24—5 a.m. to 5 p.m.

Thursday, Dec. 25, Christmas day—CLOSED

Friday, Dec. 26—5 a.m. to 9 p.m.

Wednesday, Dec. 31—5 a.m. to 7 p.m.

Thursday, Jan. 1, 2026—6 a.m. to 2 p.m.

Friday, Jan. 2—5 a.m. to 9 p.m.



CHANGE SERVICE REQUESTED

Recipe of the Month:

Roasted Brussels Sprouts with Goat Cheese & Pomegranate

From Eating Well. This gorgeous warm salad with nutty roasted Brussels sprouts, sweet-tart pomegranate seeds and creamy goat cheese is perfect for any winter meal—from a weeknight dinner to Christmas dinner or any other holiday celebration. 4-6 servings.

Ingredients:

1 pound Brussels sprouts, trimmed and halved
1 tablespoon extra-virgin olive oil
¼ teaspoon ground pepper
1 cup crumbled goat cheese

1 large shallot, sliced
¼ teaspoon salt
2-3 teaspoons white balsamic vinegar
¼ cup pomegranate seeds

Directions:

1. Preheat oven to 400°F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large, rimmed baking sheet.
2. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with 2 to 3 teaspoons vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

Nutrition information: For a ½ cup serving:
60 calories Fat: 3 grams Carbs: 7 grams Protein: 3 grams