

**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

February 2026



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. 30—Issue 2



## FEBRUARY IS AMERICAN HEART MONTH

The American Heart Association wants to help you live the best life possible by reminding Americans to focus on our hearts during the month of February. It encourages us to get our families, friends, and communities involved by making healthy choices for a longer life without heart disease.

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of it's effects, the JCH&L Burkley Fitness Center is proudly participating in American Heart Month.

We understand that heart health is the center of staying healthy and good nutrition is a big part of fighting off heart disease. We will be offering "heart healthy snacks" throughout the month of February. We will also have sheets available with a heart quiz, cross word puzzle and more! Plus fun facts about your heart you may not know.

During the month of February, lets be aware of the health of our hearts so we can continue to hear that healthy beat for many years to come.

Your heart is in your hands!

**NO BEAUTY SHINES BRIGHTER THAN A HEALTHY HEART!**

## February is American Heart Month



### POOL ONLY MEMBERSHIP

Just a reminder that the BFC is offering Pool Only Memberships! If you just want to use our facility (or know anyone that does) for the swimming pool/hot tub, then this membership would be perfect! It's only \$27 a month or \$300 a year if paid in full. Individual memberships only.



### Strength Balance Flexibility Class

The demo classes for our **SBF** class were a huge success! This class will be now be on our regular class schedule. It will be offered on Tuesdays and Thursdays, from 5:30 to 6:00 p.m., beginning February 3rd.

If you want to improve your strength, balance and flexibility, this class is for you! Participants will be doing seated exercises along with standing movements.

Come in and give it a try. All classes are free to members. There is a \$7 guest fee for non-members.



### MAINTAIN DON'T GAIN CHALLENGE

The Maintain Don't Gain Challenge officially ended on Jan. 5 with many participants aiming to maintain or reduce their weight over the long holiday season. Not an easy challenge! We want to thank everyone who participated in this challenge. Our goal each year is to make everyone more mindful of the foods we eat during the holidays and how exercise can help us all to maintain our weight without adding all those extra pounds.



**Did you know....**Super Bowl Sunday is the second biggest food consumption day after Thanksgiving? The average calorie consumption is 3,000 to over 8,000 per person! This intake is often double or triple the recommended 2,000 calories for an adult. You can still enjoy the game without overeating simply by swapping out certain foods. Instead of chips for the dip, use veggies. If you want pizza, load it with veggies and omit the cheese. Air pop your popcorn instead of popping it in oil. Drink lite beer instead of hard liquor or regular beer.

Be mindful of what you eat but still enjoy the game!



CHANGE SERVICE REQUESTED

## Recipe of the Month: **One Pot Chicken Rice Soup**

### Ingredients :

2 bone-in chicken breasts, skin removed	1 c long grain white rice	2 ribs celery, diced small
2 med carrots, peeled, diced small	1 onion, diced small	2 cloves garlic, peeled but leave whole
1 tsp salt	1/2 tsp pepper	2 qt low sodium chicken stock
		3 TB lemon juice

### Directions:

1. Combine chicken, rice, celery, carrots, onion, garlic, salt and pepper in a large pot. Add the chicken stock and bring to a boil over high heat. Reduce heat to a gentle simmer. Simmer 25 minutes, skimming off foam that collects on surface. Simmer until rice and veggies are tender.
2. Remove the chicken and garlic cloves. Transfer the chicken breasts to a bowl and shred. Discard bones. Return shredded chicken to the pot. Smash the garlic cloves into a paste and stir back into soup.
3. Stir the lemon juice into the soup and taste. The soup should taste rich, barely salty and with a hint of lemon. Add salt and lemon juice as needed. Stir soup and serve.

\*Simply Recipes

