

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

March 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

Follow us on Twitter & Facebook

Vol. 30—Issue 3



MEMBER UPDATES NEEDED

The Fitness Center is asking all members for updates /changes in their personal information. This includes: mailing address, email, phone number, or any add-ons to your membership. Other info may need to be updated depending on your membership type. Please stop by the front desk to pick up an **update form**, fill it out and return it to us. This information will help us insure that all memberships are in proper order. We thank you for your cooperation.

Did you know.... There's no single "number 1" healthiest food? A varied diet is key, but almonds are often cited as a top food due to their nutrient density (healthy fats, fiber, protein, vita-

mins). Other contenders for top spots include nutrient-rich kale, salmon (omega-3s), berries, and dark leafy greens like spinach and kale, all offering unique benefits for heart, brain, and overall health, with water being fundamental for life.



YOUTH SWIM DAY

The BFC will be having another Youth Swim day on March 12 from 1 p.m. to 3 p.m. This swim is open to youth in grades 1 to 6. A life-guard will be on duty so parent or guardian attendance is not required. This youth swim is for the POOL ONLY so participants are not allowed on fitness equipment or in the basketball court.

This event is FREE to members and only \$3 for non-members. Please pre-register by Wednesday, March 11.

*Please note: the entire pool is 4'3" deep with no shallow end. Bring your own life jacket and goggles, if needed. Towels are provided at no extra cost. For more information call 402-729-6139.



7 Ways To Make Time For Exercise And Nutrition

1. Ask yourself why.

Understanding exactly why you want to eat better and exercise more gives you the motivation to prioritize it over the other things.

2. Identify your top priorities.

Think of your time as a jar, which you can fill with a finite number of rocks, pebbles and sand.

3. Keep a diary.

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out it's consistent with your goals and values.

4. Increase health and fitness activities in 15 minute increments.

To start to align your schedule with what you want to accomplish, replace low value activities with high value ones, little by little.

5. Create systems that make health & fitness Easier.

With a little extra time and effort up front, you can create an environment that significantly reduces the time needed to eat well and exercise more.

6. Put meal prep and movement on your calendar.

If we waited until we "felt like it" a lot of important things would get neglected. Schedule it in and stick with it!

7. Review at the end of the week.

Did you use your time to support your health and fitness?

Being healthy is like an iceberg

Pn

Eating well and working out is only the tip of the iceberg...

Supported by all of the thinking, prioritizing, strategizing, and planning underneath



CHANGE SERVICE REQUESTED

Recipe of the Month: **Grilled Salmon & Vegetables**

Ingredients:

2 med zucchini, trimmed & halved lengthwise
5-6 TB Lemon/Garlic Vinaigrette, divided
1/4 tsp pepper, divided
1 lb asparagus, trimmed
1 1/4 lb salmon fillet, cut into 4 portions
1/4 tsp salt, divided

Directions:

1. Preheat grill to medium/high. Brush zucchini and asparagus with 2 TB vinaigrette and sprinkle with 1/8 tsp each salt and pepper.
2. Place the vegetables and the salmon pieces, skin-side down on the grill. Grill the vegetables, turning a few time, until tender, 6 to 8 minutes. Grill the salmon without turning, until it flakes with a fork, about 8 to 10 minutes.
3. Cut the grilled vegetables into 3 or 4 pieces and place in a medium bowl. Drizzle wit 2 TB vinaigrette and toss to coat. Remove the skin from the salmon, if desired: serve the salmon alongside the vegetables. Drizzle the salmon with 1 TB vinaigrette.



*EatingWell recipes