

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

April 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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The Burkley Fitness Center will be

CLOSED Easter Sunday.

Regular hours will resume on Monday.

Have a safe and happy holiday!

Class Only Punch Cards Now Available

The BFC will now be offering Punch Cards for class use only.

Each card will have 12 punches and cost \$30. Non-members will be able to purchase a card and join ANY of our

outstanding group fitness classes, which includes Water Aerobics, Les Mills Body Pump and many more! One punch per class. If you know of any non-member that would love to join one of our classes but doesn't want a full membership, please inform them about this new punch card now available!

JEFFERSON COMMUNITY Health & Life BURKLEY FITNESS CENTER 2200 H St Fairbury, NE 68352 (402)729-6139		CLASS ONLY PUNCH CARD	
Date: _____		Name _____	
\$30			
X	X	X	X
X	X	X	X
X	X	X	X
X	X	X	X

BODY IMAGE

What you think will help

- Weight loss



What will actually help

- Wearing clothes you love and fit your body
- Movement/exercise you enjoy
- Body neutrality
- Accepting and loving your body

You'd probable NEVER say this to a friend:

"Hide your arms."

"Don't wear that."

"Wait until you lose weight first."

But many of us say these things to OURSELVES every day. A lot of people believe body image will improve after weight loss. But what often helps more is:

- *wearing clothes that fit your body NOW
- *moving in ways that feel good
- *practicing body neutrality
- *treating yourself with the same respect you offers others

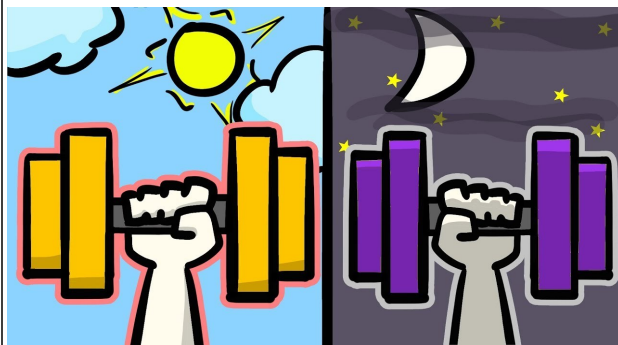
Because hating your body into confidence rarely works. It often starts with something simpler:

Changing how you talk to YOURSELF!

*Save this for the days your inner critic gets too loud.

Did you know.....working out in the **morning** versus the **night** can make a difference? While both are beneficial, depending on your personality each time of day presents different benefits.

Research has linked **morning** workout routines to greater productivity, improved sleep and lower blood pressure as well as an increase in metabolism for most people. In addition, people who work out in the morning may psychologically be more apt to making better food choices throughout the day. However, morning workouts have also been linked to greater joint stiffness and swollen discs. And the psychological effect of working out in the morning may inhibit the likelihood to workout later on.



On the contrary, late afternoon and evening workouts are better for the night-owl type person and have been shown to provide a deeper

benefit of stress reduction, greater endurance and improved anaerobic performance. Another huge factor in the relationship between time of workout and benefits is sleep. Since working out too close to bedtime can interfere with deeper sleep, routines such as a relaxing yoga session can actually help for deeper sleep if it is closer to bedtime.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Sheet Pan Shrimp Fajitas**

Ingredients:

1 1/2 lbs shrimp peeled & deveined	1 yellow bell pepper sliced thin	1 red bell pepper sliced thin
1 orange bell pepper sliced thin	1 sm red onion sliced thin	1 1/2 TB extra virgin olive oil
1 tsp kosher salt	dash of pepper	2 tsp chili powder
1/2 tsp garlic powder	1/2 tsp ground cumin	1/2 tsp smoked paprika
1/2 tsp onion powder	1 lime	tortillas warmed
Fresh cilantro for garnish		

Directions:

1. Preheat oven to 450 degrees. In a large bowl, combine onion, bell peppers, shrimp, olive oil, salt, pepper, and spices.
2. Spray baking sheet with non stick cooking spray. Spread shrimp, bell peppers and onions on sheet.
3. Bake at 450 degrees for about 8 minutes. Then turn oven to broil and bake for an additional 2 minutes or until shrimp is cooked through.
4. Squeeze juice from fresh lime over fajita mixture and top with fresh cilantro.
5. Serven in warm tortillas

*2 Pencils recipes

