

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:

JCHealthandlife.org

JULY 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 7

GROUNDBREAKING DATE SET

Come celebrate the groundbreaking for the new Sports Medicine/Rehabilitation addition and the renovation of the Burkley Fitness Center on **Monday, July 6 at 1:30 p.m.** This ceremony will take place on the North side of the Fitness Center. Refreshments will be in the Clinic Conference Room following the ceremony.



More information will be shared with the community as it becomes available about the upcoming construction and the changes that may affect patients and fitness center members.

Stay updated by visiting our Facebook page or visit our website at JCHealthandlife.org.

Did you know...sweating doesn't mean you are losing fat? You have probably heard the saying "sweat is your fat crying". Sitting in a pool of your own sweat often feels like confirmation that the exercise you are doing is working at melting some fat and firing up your muscles.

The truth of the matter is, sweat is made up of mostly water and salt. It's your body's cooling process triggered by a rise in core temperature and it indicates that through thermoregulation we are burning calories. However, where we burn those calories from (muscle storage vs fat storage) is heavily dependent on the type, intensity and length of your workout. Fat burning in essence is a metabolic process centered around energy usage and storage.



It's also very important to replace the water and electrolytes that were lost due to sweating. Drinking plain water is a good option but adding in electrolytes via powders or liquids is a much better way to replace everything that was lost.

6 Strategies for TRIGGER FOODS

Pn



Buy sweets, but only in individual Servings.



Keep trigger foods out of the house (out of sight, out of mind).



Focus on addition (eating more veggies) rather than subtraction (eating fewer sweets).



Eat slowly, with no distractions, while paying attention to your sensations of hunger and fullness, your enjoyment, and your thoughts.

Indulge after you've comforted yourself in other ways, such as cuddling with your dog, resting under a weighted blanket or writing in your journal.

Study your relationship with certain foods. Whenever you find yourself wanting them, notice your craving, name it and investigate why you're feeling that way.

Some foods are harder to eat "just a little" of, but that doesn't mean you lack willpower. Sometimes the easiest solution isn't trying to resist harder, it's changing your environment, your habits, or your approach. A few things that can help are:

- Buy individual portions
- Keep certain foods out of sight. Out of sight, out of mind!
- Add more foods that leave you satisfied.
- Eat slowly and actually enjoy what you're eating.
- Get curious about the moments you crave certain foods.

JULY 4TH HOURS

The BFC will be **OPEN** on July 4th from

7 a.m. to 3 p.m.

Regular hours on Friday July 3 & Sunday, July 5.

Have a safe and happy holiday!



CHANGE SERVICE REQUESTED

Recipe of the Month: Creamy Cucumber & Radish Salad

Ingredients:

8 mini cucumbers or 4 regular	1 bunch radishes	1/2 cup fresh mint
2TB fresh chive	1/2 chopped red onion	

Yogurt Dressing:

1/2 cup full fat greek yogurt	4 TB lemon juice	4 TB olive oil	1/2 tsp sea salt
1/4 tsp black pepper			

Directions:

1. Slice cucumbers and radishes into thin rounds. Dice red onion and set aside.
2. Add the diced onion to a small bowl and cover with lemon juice (about 4 TB) and a generous pinch of salt. Allow to soak for 5 minutes.
3. In a small bowl, whisk together the Greek yogurt, lemon juice, olive oil, salt and pepper for the dressing. Set aside.
4. In a medium bowl, combine the cucumbers and radishes, mint, and chives. Strain the onions and add to the bowl. Top with dressing and gently stir everything together.
5. Add a pinch of salt and pepper to the top and serve.



*Abra's Kitchen recipes