

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

AUGUST 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 8



ACTIVITIES COURT UPDATE

Due to construction starting, the Activities Court will be open on a **"Play At Your Own Risk"** status.

Construction materials may be present in the court during the renovation process. The BFC is NOT responsible for any accidents that may occur.



We also ask that if anyone decides to use the court during this time, that they DO NOT tamper with any of the construction materials. Thank you for your understanding on this matter.

FITNESS CENTER RENOVATION UPDATE

With the renovation project beginning, the Fitness Center will be closing several areas during the month of August. We will be closing the locker rooms, the weight room, and the activities court early in the month with the pool closing shortly after. We are asking members to please remove all of their personal items from lockers by Aug. 5. Please keep updated on the exact dates of these closures by visiting our website at

<https://www.jchealthandlife.org/care-services/burkley-fitness-center/>

We will try to keep our members updated the best we can as the information becomes available on the project. We understand this will be an inconvenience to members but the short-term disruption is part of reaching our long-term goals. We appreciate your patience on this uplifting project!



Did you know...Strength training continues to burn fat long after you finish your workout? Muscle is your body's fat-burning machine. The more muscle you have, the more calories you burn, even at rest. So, if you're doing resistance training (like lifting weights) you are not just getting stronger and more fit, you're revving up your metabolism and the fat burning continues long after you've finished your workout.

Also, you can build your endurance two ways: Muscular and cardiovascular training. Muscular endurance is about doing more reps with lighter weights, while cardio (running, biking, etc.) keeps your heart rate up for longer. Combine the two for a well rounded fitness routine that will keep you strong and energized.



BACK TO SCHOOL MEMBERSHIP SPECIAL

It's "back to school" time again! From July 27 through Aug. 31, the BFC will be offering \$20 off any 3 month membership.

3 month student—\$80 (originally \$100)

3 month individual—\$130 (originally \$150)

3 month family—\$165 (originally \$185)



With the kids back in school, it's time for everyone to get back in the gym again! Let any and all non-members know about this great offer!

STAY HYDRATED DURING HOT HUMID WEATHER

Staying hydrated is critical during hot, humid weather. The moist air slows down your body's sweat evaporation, making it harder to cool down. To compensate, you may sweat more profusely, which rapidly depletes your fluid levels, which may lead to dehydration. Drinking enough fluids such as water or drinks with electrolytes, prevents heat exhaustion, maintains heart rates and ensures your natural cooling mechanisms function properly. It is not recommended to drink caffeinated beverages, such as soda or energy drinks, to replace lost fluids during hot weather. Because your body realizes it isn't cooling down, it works harder to pump out even more sweat, leading to rapid loss of water and electrolytes. If you are active during humid weather, always have a bottle of cold water within reach! Stay HYDRATED!

CHANGE SERVICE REQUESTED

Recipe of the Month: **Zucchini Carrot Cake**

Use up those carrots and zucchini from your garden on this beautiful and tasty cake.

Ingredients:

4 lg eggs	2 c sugar	1 1/3 c vegetable oil (can use applesauce for half)	2 1/2 c flour
2 tsp baking soda	2 tsp baking powder	2 tsp cinnamon	1 tsp cloves
1 tsp ginger	1/2 tsp salt	1/2 tsp nutmeg	2 c finely shredded carrots
2 c finely shredded zucchini	1 c coarsely chopped walnuts		

Frosting:

1 pkg 8 oz cream cheese, softened	1/2 c butter, softened	5 c powdered sugar	2 tsp vanilla
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Directions:

Cake: In a large bowl, beat eggs and sugar until frothy. Gradually beat in oil. Combine dry ingredients, add to batter. Beat 4 minutes. Stir in carrots, zucchini and nuts. Pour into three greased 9-inch round baking pans. Bake at 350 degrees for about 35 min. or until top springs back when lightly touched. Cool 5 minutes before removing from pans. Cool thoroughly on a wire rack.

Frosting: Beat cream cheese and butter in a large bowl until smooth. Add sugar and vanilla. Continue beating until sugar is dissolved. Spread between layers and over the top and sides of cake. Garnish with chopped nuts, if desired.

*Taste of Home

