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

November 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 11

MAINTAIN DON'T GAIN HOLIDAY CHALLENGE



The holiday season is fast approaching and to help you not gain any unwanted pounds, we are once again offering our Maintain Don't Gain weight challenge. This 2 month challenge will begin Nov. 2 and continue until Jan. 4, 2027. The rules are simple: you must maintain your starting weight or lose weight for the full 8 weeks of the challenge. We will once again be adding the fun option of **Making A Pledge on Yourself!** For instance, after your first weigh-in, if you feel confident enough that you can maintain that weight or even lose weight, you can pledge anywhere from $1 to $10 on yourself. If you don't gain by the end of the challenge, we will return what you paid in. If you gain, we will keep that amount and if you lose 3 or more pounds, we will double the amount you pledged! All participants must weigh in at any time at the BFC on Nov. 2 or 3. Your starting weight will be recorded and you will then be weighed each Monday or Tuesday for November and December. Final weigh-ins will be Jan. 4 through 6,, 2027. All pledges must be made on the first day of weigh-ins. Challenge rules and weigh-in dates will be posted on the front wall. **Weekly Challenges:** We will also be having weekly challenges for even more incentive! If you complete a challenge, your name will be put into a drawing for a $50 gift card! There will be one challenge a week for a maximum of 8 entries per person. ***Only Maintain Don't Gain participants will be eligible for the drawing.**

GYM BAGS & T-SHIRTS FOR SALE



BFC Gym Bags and T-shirts are now available for purchase in the Fitness Center. Both the Gym Bags and shirts are $15 each, plus tax.



Limited supply so get yours while they last!

THANKSGIVING HOURS

Wednesday, Nov. 25—Open 5 a.m. to 7 p.m.

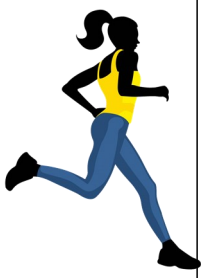
Thanksgiving Day—**CLOSED**

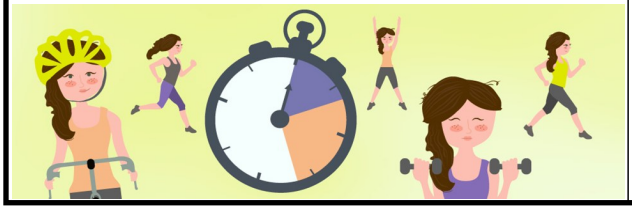
Friday, Nov. 27—Open 5 a.m. to 7 p.m.

Regular hours will resume on Saturday, Nov. 28.



Did you know...that there is no "one size fits all" approach to exercise? There are those in the fitness industry who tout the benefits of interval training (short bursts of intense exercise followed by a short rest then repeated), while others firmly believe continuous (or endurance) training offers superior health benefits. While data on the subject is often conflicting, recent evidence shows that both approaches are equal in cardiac rehabilitation, allowing for more variety and potentially better adherence. If you're not training for something specific (like a marathon where endurance exercise would benefit you the most) it's a great idea to keep both of these types of workouts in your weekly routine!





MIRACLE ON THE SQUARE REINDEER WALK

Get in the Holiday Spirit this year with a fun walk around the downtown square! This walk is in conjunction with the Fairbury Chamber of Commerce Miracle On The Square. The walk will be held on Friday, Dec. 4, with check-in beginning at 5 p.m. at the corner of 5th and E streets. Walk begins at 5:30 p.m. Please pre-register at the BFC. Fee is $5 per person which includes a set of light up antlers. Walk-ins are welcome but with no guarantee of antlers. This walk is open to all ages and family participation is encouraged. We look forward to seeing you there!



HOLIDAY PUNCH CARDS

Beginning Nov. 16, the BFC will once again be offering our specially priced **Holiday Punch Cards**. These punch cards can be purchased for $40 and are good for 18 punches. That's approximately $2.20 per visit! Punch cards **DO NOT EXPIRE** and there is no limit as to how many can be purchased.

HOLIDAY
PUNCH CARD
1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18

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Health & Life
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Recipe of the Month: PUMPKIN CINNAMON ROLLS



Ingredients : Dough

1 pkg active dry yeast (.25 oz) 2/3 c warm water-divided 1 1/3 c bread flour
2 TB coconut sugar or cane sugar 1 1/2 tsp sea salt 2/3 c pumpkin puree
3 TB melted coconut oil plus more for greasing

Cinnamon Sugar Filling: 1/3 c packed light brown sugar 2 tsp cinnamon 2 TB melted coconut oil

Frosting: 2 TB almond milk 1 c confectioners sugar

Directions:

1. Stir yeast into 1/3 c warm water until dissolved. Let stand 10 min. Combine flour, sugar and salt in bowl of a stand mixer and combine using dough hook on low speed for 1 min.
2. In med bowl, whisk together pumpkin, coconut oil, & 1/3 c warm water. With mixer running at low speed, add yeast & pumpkin mixtures to dry ingredients. Increase speed to med-low & mix 2 min.
3. Let dough rest 5 min. Mix at med/low speed 5 min or until dough is smooth. Increase speed to med and mix 2 minutes. Kneading is done when dough makes a slapping sound as it hits the side of the bowl.
4. Place dough in oiled bowl and let rise about 1 hour or until doubled in size.
5. While dough is rising, combine ingredients for the sugar filling. Grease a 13 x 9 in baking sheet.
6. Punch dough down and place on a floured surface and roll into a 14 x 12 rectangle. Lightly brush with coconut oil then sprinkle cinnamon mixture over dough. Roll up dough tightly to form a large log. Pinch seam and cut into 1 in thick slices and place on prepared baking sheet. Cover and let rise until double in size.
7. Bake in preheated 375 degree oven for 18 to 20 min. Combine frosting ingredients and spread on warm rolls.*Pioneer Woman