

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 2024



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. 28—Issue 8

NEW ELLIPTICAL

We are excited about our brand new PRE-COR elliptical machine here at the BFC. The elliptical trainers are very popular and this



new machine is very much appreciated. It was purchased with Christmas mail project funds. We would like to thank all of those who contributed to the Christmas mail project and helped make this new purchase for the Burkley Fitness Center possible. Stay Active For Life!!

BFC/Jeffs Gone M.A.D. Run/Walk

The Burkley Fitness Center is working with Jeffs Gone M.A.D. to hold a 1 mile and a 5 K run/walk. The event is set for 10 a.m. on Saturday, Sept. 7, with check-in beginning at 9 a.m. at the Fairbury Community Building.

Entry fee is \$15 per person, with a \$10 discount for any family of 3 or more participants. Finish medals will be awarded to all participants ages 12 and under who complete the 1 mile route. In the 5K, there will be awards for the top 3 male and the top 3 female runners.

“We encourage all ages to participate in the run/walk event during a fun weekend in Fairbury. We also know there are a lot of great activities going on in Fairbury that weekend, and our goal is to add a fun way to stay active,” said Jen Johnson, BFC manager. For more information on this event and registration forms, contact the BFC. Pre-registration is encouraged by Aug. 30th. Walk-ins on the day of the event will be accepted. Contribute to a great cause and HAVE FUN!



LABOR DAY HOURS

The BFC will be OPEN on Sept. 2—Labor Day from 6 a.m. until 2 p.m.

HAVE A SAFE AND FUN HOLIDAY!!



MAY/JUNE CHALLENGE WINNERS

We would like to congratulate the 3 winners of our May/June challenges.

Active Spring Challenge winner—Kathy Carter

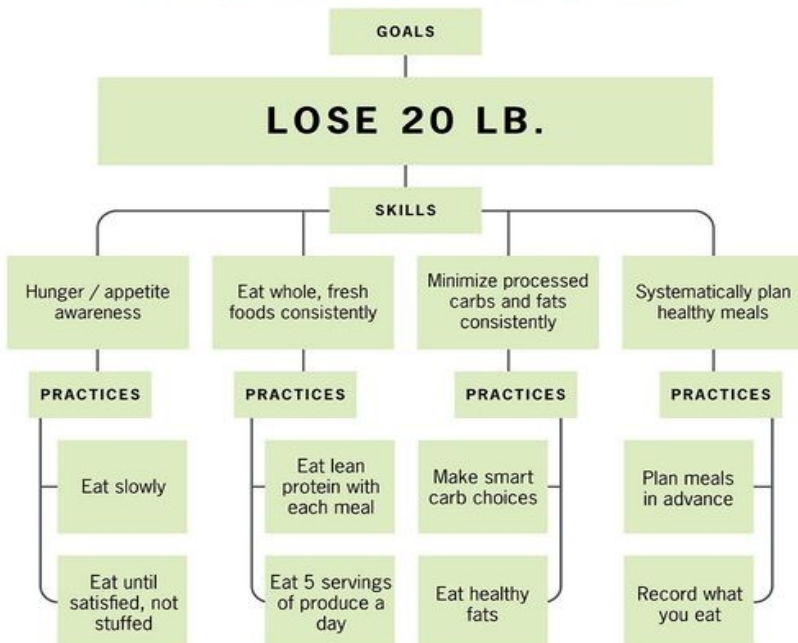
Stay One Step Ahead winner—Sharon Oliver

Pedal Easy winner—Kris Huss

Each of the winners received a \$50 gift card. We would like to thank everyone who participated in this first time two month challenge!

HOW TO ACHIEVE ANY GOAL

ACHIEVE YOUR GOALS BY BREAKING GOALS INTO SKILLS, AND SKILLS INTO PRACTICES.



T-shirt clue: You're all wet

MONTHLY TEE SHIRT GIVEAWAY

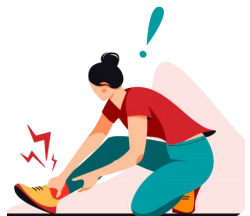


Congrats to Kris Huss for finding the July tee shirt! Search for the clue in this newsletter for the August t-shirt giveaway! One shirt per person.

DID YOU KNOW.....people who do the same daily type of exercise regularly are more prone to injury? Doing the same cardio workout 5 to 7 days a week may be fine, **IF** you don't have injuries or go at a high intensity every day.

If you're lifting weights, the key is to work different muscle groups on different days. For example, do your legs on Mon/Thr, your arms on Tue/Fri, and your back and chest on Wed/Sat.

Mixing things up helps let certain muscles rest and recover so you don't get an injury.



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CHANGE SERVICE REQUESTED

Recipe of the Month: **Sliced Pepper Casserole**

Ingredients:

2 TB olive oil	1 lb lean ground beef	3 multi-colored bell peppers, thinly sliced
6 cloves garlic, chopped	2 tsp smoked paprika	2 tsp dried oregano
1 tsp salt	3/4 tsp pepper	1 (14.5 oz) can no-salt fire roasted tomatoes, drained
2 TB tomato paste	1 (8.8 oz) package cooked brown rice	1/2 cup unsalted beef broth
1 cup shredded low-moisture part skin mozzarella cheese	1 large red onion, thinly sliced	

Directions:

1. Preheat oven to 400 degrees. Heat oil in large skillet, add ground beef. Cook until beef is no longer pink and broken up. Add onion, bell peppers, garlic, paprika, oregano, salt and pepper; cook stirring often until the veggies are tender. Increase heat to medium-high and stir in tomato paste; cook, stirring constantly until the paste darkens in color. Remove from heat and stir in drained tomatoes, rice and broth.
2. Transfer the mixture to a 9 x 13 inch baking dish; cover with foil. Bake until the rice is tender and the flavors meld, about 20 min. Uncover and sprinkle evenly with cheese. Bake, uncovered until the cheese is melted and beginning to bubble, about 10 min.

Note: You can use precooked rice from the package or leftover brown rice if you have it. If using leftover rice, you will need 1 1/2 cups.



Recipe courtesy of : EatingWell