

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

September 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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NEW CLASS BEGINNING AT BFC

The Burkley Fitness Center will have a new class beginning in September! Whether you are already a fitness buff, a busy parent, or someone just looking to gain some flexibility, this CIRCL Mobility Class is for you. Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises. It is based on the principals of Release, Restore and Renew. This class will help reduce stiffness and tension, help speed up recovery while improving balance and focus, and will enhance muscle activation and circulation.

Class will begin on Tuesday, Sept. 3, and will be held on Wednesday evenings at 6:30 p.m. (15 minute class) and on Tuesdays and Thursdays at 7 a.m. (30 minute class). Instructor is Mercedes Leibel. It is free to all BFC members. Non-members will need to pay the guest fee in order to attend.

Move your body the way it's intended to—join the CIRCL Mobility community!



JEFFS GONE M.A.D. RUN/WALK REMINDER

The BFC and Jeffs gone M.A.D. have teamed up to hold a 1- mile and a 5 K run/walk on Sept. 7. Check-in will begin at 9 a.m. at the Fairbury Community Building.

Pre-registration is encouraged. Walk-ins on the day of the event will be accepted. Entry fee is \$15 per person, with a \$10 discount for any family of 3 or more participants. The run/walk will begin at 10 a.m. Come on out and contribute to a great cause and STAY ACTIVE!



MONTHLY TEE SHIRT GIVEAWAY



Congrats to Amy Burkitt for finding the August tee shirt. Search for the clue in this newsletter for the September t-shirt giveaway! Only one shirt per person.

DID YOU KNOW.... digestion begins in the mouth, not the stomach? Chewing food up to at least 25 times is important before we swallow as it causes the mouth to secrete saliva that digests starches and fats in the mouth. It signals the digestive tract to do its job. Moreover, it will prevent us from having GI disturbances. Calm down, eat your food slowly and enjoy it! There is no hurry.



HOW EXERCISE MAKES US HAPPIER

Physical Activity could improve your state of mind by:

1. **Supporting Neurotransmitters**—Exercise may boost the production of serotonin—a neurotransmitter that helps regulate mood and some cognitive function.
2. **Boosting Endorphins**—Exercise can give you a short-term burst of endorphins, chemicals in the brain that block pain and produce a natural “high.”
3. **Reducing inflammation**—Many types of exercise can lower inflammation, a potential cause of depression.
4. **Decreasing Stress**—Exercise can be a great antidote to stress, which research has linked to depression, perhaps owing to the body's inflammatory stress response.



LABOR DAY HOURS

The Burkley Fitness Center will be **OPEN** on Labor Day from **6 a.m. until 2 p.m.** Regular hours will begin again on Tuesday, Sept. 3.

HAVE A SAFE AND HAPPY HOLIDAY!



CHANGE SERVICE REQUESTED

Recipe of the Month: Carrot Cake Overnight Oats

Ingredients:

1 c Greek yogurt, divided	2 TB smooth almond butter	2 TB pure maple syrup, divided
2 TB chia seeds	1 TB vanilla extract	1 1/2 tsp cinnamon
1 tsp grated orange zest	1/2 tsp ginger	1/4 tsp ground nutmeg
1/4 tsp salt	2 c unsweetened almond milk	2 c old-fashioned oats
1/2 c shredded carrot	1/4 c raisins	1/4 c unsweetened shredded coconut
1/4 c chopped pecans OR walnuts, divided	1/3 c low fat cream cheese, softened	

Directions:

1. Stir together 1/4 c yogurt, almond butter, 1 TB maple syrup, chia seeds, vanilla, cinnamon, orange zest, ginger, nutmeg and salt in a medium bowl until smooth. Gradually stir in almond milk until well combined. Fold in oats, carrot, raisins, coconut and 3 TB chopped nuts. Cover and refrigerate for at least 8 hours and up to 4 days.
2. When ready to serve, stir together cream cheese and the remaining 3/4 c yogurt and 1 TB maple syrup.
3. Spoon 1/2 cup oat mixture in each of 4 (8-oz.) jars; spread about 2 TB cream cheese mixture over each layer of oats. Repeat the layers once. Top with remaining 1 TB nuts and lightly sprinkle with cinnamon.



Recipe courtesy of : EatingWell

T-shirt clue: do it your weigh