

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

November 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 11

MAINTAIN DON'T GAIN (WITH BONUS MAKE A PLEDGE OPTION) HOLIDAY CHALLENGE

It's the holiday season once again and that time of the year when we all tend to gain weight. If you're tired of gaining weight over the holidays, this challenge is here to help. In the past, we have offered this challenge only for the month of December. This year we are extending our Maintain Don't Gain Challenge for two months—November and December.

This challenge is simple: you must maintain your starting weight or lose weight, for the months of November and December. For even more of an incentive, we are adding the option of **MAKING A PLEDGE ON YOURSELF!**

For example, 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 and your weight remains the same, you will get the amount you paid in back. If you gain weight, we keep the amount you paid in. If you LOSE 2 or more pounds of weight, we will DOUBLE the amount you pledged in!

This promotion begins Monday, Nov. 4 and will go through Thursday, Jan. 2. All participants must weigh in at any time at the Fitness Center on Nov. 4. Your starting weight will be recorded on that day. You will then be weighed each week, either on Monday or Tuesday, for all of November and December. Final weigh-ins will be Jan. 2 and 3. 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 along with helpful workout and eating tips.

**MIRACLE ON THE SQUARE REINDEER WALK**

Get in the Christmas spirit this year with a fun walk around the downtown square! This walk is in conjunction with the



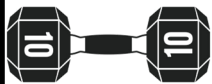
Fairbury Chamber of Commerce Miracle On The Square. The walk will be held on Friday, Dec. 6, with check-in beginning at 5 p.m. at the corner of 5th and E streets. Walk begins at 5:30 p.m. Please pre-register at the Burkley Fitness Center. Fee is only \$5 per person which includes a set of light-up antlers.

Walk-ins are welcome but with no guarantee of antlers. This walk is open to all ages and family participation is encouraged!

DID YOU KNOW.....you can build endurance two ways:

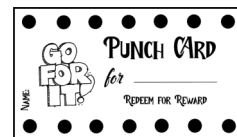
muscular and cardiovascular training? Muscular endurance is about doing more reps with lighter weights, while cardio (think running or swimming) keeps your heart rate up longer. We

recommend combining them for a well-rounded fitness routine that'll have you feeling strong and energized.

**HOLIDAY PUNCH CARD SPECIAL**

Do you have friends or family visiting this holiday season and they want to stay active while they are here?

Beginning Nov. 18 we will offer a special on our Holiday Punch Cards. A punch card can be purchased for \$40 with 18 visits. Each punch is good for the entire day at the Burkley Fitness Center and is good for use of the gym, pool and classes. There is no expiration date on the cards. The promotion goes through Dec. 31.

**BFC Thanksgiving Hours**

The Burkley Fitness Center will be open on Wednesday, Nov. 27, from 5 a.m. until 7 p.m. There **will be** evening classes.

We will be CLOSED Thanksgiving Day!

Friday, Nov. 29, hours are 5 a.m. to 7 p.m. Regular hours will resume on Saturday, Nov. 30.

**MONTHLY TEE SHIRT GIVEAWAY**

Congrats to Jason Cervantes for finding the October tee shirt. Search for the clue in this newsletter for the November t-shirt giveaway! One shirt per person.

If you get tired, REST, DON'T QUIT!

CHANGE SERVICE REQUESTED

Recipe of the Month: **White Chicken Lasagna**

Ingredients:

3 TB unsalted butter	6 TB flour	3 1/2 c whole milk	1 c unsalted chicken broth
1/2 c grated Parmesan cheese	1/4 tsp salt	2 TB olive oil	3 (8 oz) packages sliced mushrooms
1 1/2 tsp Italian seasoning	1/2 tsp pepper	1 (9 oz) package no boil lasagna noodles	
2 (10 oz) packages chopped frozen spinach, thawed and squeezed dry			4 c mozzarella cheese
2 c shredded cooked chicken breast			

T-shirt clue: don't cross over the line

Directions:

1. Preheat oven to 375 degrees. Lightly coat a 9 x 13 inch baking dish with cooking spray. Melt butter in a pan over med. heat. Add flour and whisk until combined. Gradually whisk in milk and broth. Cook, whisking often, until mixture thickens, 2 to 3 minutes. Add Parmesan and salt. Whisk until smooth. Remove from heat and set aside.
2. Heat oil in large skillet over med-high heat. Add mushrooms, Italian seasoning and pepper; cook, stirring often, until all liquid has evaporated and the mushrooms are golden brown, 12 to 14 min. Remove from heat and set aside.
3. To assemble lasagna, spread 3/4 c cheese sauce on bottom of prepared baking dish. Layer 3 noodles, evenly spacing them crosswise in the dish. Spread half the spinach on noodles. Sprinkle with 3/4 c mozzarella cheese and 3/4 c cheese sauce. Layer on 3 noodles, half each of the mushrooms and chicken, 3/4 c mozzarella and 3/4 c cheese sauce. Repeat layers once, starting with noodles, ending with mushrooms and chicken. Sprinkle with 3/4 c mozzarella. Add the remaining 3 lasagna noodles; spread the remaining cheese sauce over the noodles and sprinkle with remaining mozzarella.
4. Cover with foil and bake for 30 min; uncover & bake until golden brown, about 15 min. more. Let stand 10 min. Serve.