

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

December 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 12

HOLIDAY/END OF YEAR SPECIALS

The Burkley Fitness Center will be offering membership discounts for those who **pay in full** through the end of the year. Three-month memberships get a 10 percent discount and 1-year memberships get a 15% discount. No additional discounts for “corporate” members, if corporate pricing is paid. Discounts are:

3-Month Memberships

Individual Regular Price \$150—Special Price \$135

Family Regular Price \$185—Special Price \$166

1 Year Memberships

Individual Membership Regular \$422—Special Price \$358

Family Membership Regular \$510—Special Price \$433

Senior Membership Regular \$386—Special Price \$328

Senior + Spouse Regular \$430—Special Price \$365

Holiday Punch Cards can be purchased for \$40 with 18 visits. Each punch is good for the entire day and punch cards have no expiration date.

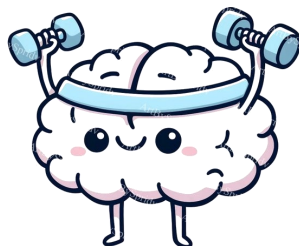
End of year discount pricing will apply to any paid in full **GIFT CERTIFICATE!** Many options are available for purchase, including individual and family memberships, punch card and even day passes. Give the gift of health to someone this year!

Call or stop by the Fitness Center to take advantage of these year end discount prices!



Merry Fitness & A Happy New Year

DID YOU KNOW..... Exercise can improve your focus, concentration and memory? Exercise doesn't just help your body, it can improve brain function. As you work out, blood flow increases to your brain, improving focus and concentration. Plus, regular activity can even increase the size of the hippocampus, which is the part of the brain responsible for memory. Any movement is good movement. Just find what is right for you. Listen to your body and pick activities you enjoy, so exercise becomes a natural and enjoyable part of your life!



HOLIDAY FITNESS AND EATING TIPS

The holiday season is a time for joy, connection and celebration—but it can also be hectic and throw you out of your normal routine of exercise and healthy eating.

Here are a few tips that may help you stay on track this holiday season.

- Make it a point to **MOVE EVERY DAY!** A goal of 10,000 steps each day will do wonders.
- Use the 80/20 rule for eating. 80 percent of the time eat nutritious foods and allow yourself to indulge in less healthy foods the remaining 20 percent of the time.
- Plan active holiday activities. A nice walk after a big meal will get you away from the table and moving again.
- Have plenty of fruit and veggies out in the open before and during the holiday meals.

MIRACLE ON THE SQUARE

REINDEER WALK

Don't forget the Miracle On the Square Fun Walk on Friday, Dec. 6.! Check in begins at 5 p.m. and walk will begin at 5:30.

Walk-ins are welcome. Fee is \$5 per person which includes a set of light-up antlers. See you there!



BFC Christmas/New Years Hours

Christmas Eve—5 a.m. to 3 p.m.

Christmas Day—**CLOSED**

December 26—Regular Hours

New Years Eve—5 a.m. to 7 p.m.

New Years Day—6 a.m. to 2 p.m.

January 2—Regular Hours



MONTHLY TEE SHIRT GIVEAWAY



Congrats to Andrew Ebke for finding the November tee shirt. Search for the clue in this newsletter for the December t-shirt giveaway! Only one shirt per person.

CHANGE SERVICE REQUESTED

Recipe of the Month: **Christmas Deviled Eggs**

Ingredients:

6 large hard boiled eggs	1 avocado, peeled and pitted	
3 TB mayonnaise	2 tsp yellow mustard	
1 TB sweet relish	1 red bell pepper, small diced	salt and pepper

Directions:

1. Slice the eggs in half lengthwise. Set aside the whites and add the yolks to medium bowl.
2. To the bowl with yolks, add the avocado, mayo, mustard and sweet relish. Mash together the mixture with a fork then taste and season with salt and pepper.
3. Transfer the mixture to a piping bag fitted with a star tip (optional) or sealable plastic bag with corner cut off. Pipe the mixture into the egg whites then garnish each deviled egg with three pieces of diced red pepper. Serve immediately or refrigerate, covered, until ready to serve.

*If a brighter green is desired, a drop of green food coloring can be added to the egg mixture.

T-shirt clue: belt it out

