

### 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

# January 2025



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. 29—Issue 1

### What's The WHY Behind Your WHY?

Happy New Year everyone! As we ring in 2025, many of you will be thinking about how to reset goals, and make lifestyle changes. You will set challenging resolutions and the majority of you will lose motivation as time progresses. Instead of making a "resolution" this year, why not try a different approach?

First off, to help keep goals feasible and realistic, we need to hone in on what aspects of your life needs improvement the most: mental health, finances, social interactions, spiritual well-being, or physical health, just to name a few. Instead of focusing on extreme change all at once in a New Year's resolution, focus more on lasting, meaningful adjustments.

It's important to self-reflect and be honest with yourself about what goals are realistic to achieve. One of the most important things you can do for yourself to achieve your goals is to **change your mindset** about where you are, what's feasible, what's realistic, and what kind of support you will need to get there. Ask yourself what's the why

behind your why. It may be as simple as wanting to age well, have a healthy heart, or feel good in your clothes and body.

So if your goal is to work out more, ask yourself why: "so I can get stronger." Why do you want to get stronger? "So I can complete my daily chores easier." It makes you really think why you are doing something and in the long run, you will stick to it much longer. Try to get your new "better" habits to **fit into your life** rather than looking at them as additional problems you have to solve. There are ups and downs when trying to achieve goals. Remember, it's all about **perspective**, and that can keep you going day after day, month after month and hopefully year after year.

**DID YOU KNOW.....**eating good food helps the microbiome keep you healthy? Inadequate intake of fresh fruits and vegetables may alter the microbiome, resulting in higher body fat percentage and reduced athletic performance. Consuming plenty of fresh fruits and vegetables helps to sustain good bacterial colonies that live in the gut. Additional benefit: Fruits and veggies give you the carbs you may lack for max performance.



### HOW OFTEN SHOULD I EAT?

As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

### SHOULD I CYCLE CALORIES OR CARBS?

For some people this strategy can make a difference. Here's how to do it...

● On the days you're lifting weights – add starchy carbs to your baseline diet.

● On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.



### WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?

Workout nutrition really doesn't matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals...



**1-2 HOURS BEFORE AND AFTER**  
Eat an appropriate meal as outlined above.



**DURING**  
Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.

### PRECISION NUTRITION

### JCH&L TEE & SWEATSHIRTS

More Jefferson Community Health & Life shirts are here at the Burkley Fitness Center! Short sleeve, 3/4 sleeve, long sleeve and sweatshirts are available for purchase. We have a wide variety of colors and sizes go up 3 XL.

Prices are (tax included):

Short sleeve—\$16.13

3/4 sleeve—\$19.35

Long sleeve—\$18.28

Sweatshirt—\$19.35

Come in and get yours today!!



### MONTHLY TEE SHIRT GIVEAWAY

Congrats to Lauren Wanamaker for finding the December tee shirt. This was the final month of our t-shirt giveaway. Thanks to everyone who participated.

CHANGE SERVICE REQUESTED

## Recipe of the Month: **Sheet-Pan Chicken & Veggies**

### Ingredients:

2 lbs potatoes (about 6 medium), cut into 3/4 inch pieces	1 large onion, coarsely chopped
2 TB olive oil	3 cloves garlic, minced
1 1/4 tsp salt, divided	3/4 tsp pepper, divided
6 bone-in chicken thighs, skin removed	1 tsp dried rosemary, crushed
	1/2 tsp paprika
	6 cups fresh baby spinach

### Directions:

1. Preheat oven to 425 degrees. In a large bowl, combine potatoes, onion, oil, garlic, rosemary, 3/4 tsp salt and 1/2 tsp pepper; toss to coat. Transfer to a 15 x 10 x 1 inch baking pan coated with cooking spray.
2. In a small bowl, mix paprika and the remaining 1/2 tsp salt and 1/4 tsp pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in the chicken reads 170—175 degrees and veggies are just tender—about 35 to 40 min.
3. Remove chicken to a serving platter; keep warm. Top veggies with spinach. Roast until vegetables are tender and spinach is wilted, 8 to 10 min. longer. Stir veggies to combine; serve with chicken. If desired, serve with additional fresh rosemary and lemon wedges.

\*chicken breast can be used instead of chicken thighs, if desired.

