

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

February 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 2

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for both men and women in the United States. In the month of February, the American Heart Association would like to help raise awareness about heart disease and encourage people to take action to reduce their risk. It's not just older adults that need to be aware of heart disease. You need to take care of your heart at ANY age. Here are some Healthy Heart Tips for everyone:

- Manage your blood pressure
- Control your cholesterol
- Stop smoking—better yet, don't start
- Reduce blood sugar
- Get regular, moderate physical activity
- Control your weight through diet and exercise



SWIM LESSONS NOW AVAILABLE AT BFC

The Burkley Fitness Center will once again be offering swim lessons to members and non-members. We would like to welcome Koltyn Jacobi as our new instructor.

Private lessons will be \$12 per lesson or \$90 for 8 lessons. Group lesson fee is \$50 for 8 sessions. All fees are the same for members and non-members. Non-members are not required to purchase a guest pass in addition to class fee but BFC use is restricted to the pool during class time only.

Being able to swim can be a life-saving skill. Sign your child or grandchild up today!



DID YOU KNOW..... a longer workout isn't necessarily a better workout? The best workout is the workout that you actually do, which will depend on what you're hoping to achieve through exercise. A 10-minute high-intensity session

can be just as beneficial as a one-hour steady walk. It's best if you change up your workout routine so that one day is high-intensity workout with a short duration and the next day or two is a lower intensity workout with a longer duration. Remember, ANY movement is better than none.

Consistency will give you the results you want!



MAINTAIN DON'T GAIN CHALLENGE RESULTS

The Maintain Don't Gain Challenge officially ended on Jan. 3, with 56 participants aiming to maintain or reduce their weight over the holidays. Not an easy challenge!

Here are the final results:

- Total amount pledged: \$337
- Total participants that maintained their weight and retained their pledge: 17
- Total participants that lost 2 or more pounds, therefore doubling their pledge: 18
- Total participants gaining 2 or more pounds: 9
- Total participants that did not do a final weigh-in: 12
- Total amount of weight lost: 106.7 pounds



Thanks to everyone who participated in this challenge. Our goal was to make you more mindful of the foods you eat during the holidays and how much exercise can be beneficial.

3 MONTH MEMBERSHIP SPECIALS

The BFC will be running a special on 3-month memberships, beginning in January and ending on Feb. 14. Membership specials include:

- 3 month individual—\$125 (usual price \$150)
- 3 month family—\$160 (usual price \$185)
- 3 month senior —\$115 (usual price \$140)

All 3 month memberships must be PAID IN FULL at time of purchase.

HELP KEEP OUR FITNESS CENTER CLEAN

With the snow, ice and salt, it can be especially hard this time of the year to keep our floors clean. We are asking our members to keep this in mind and possibly change into their workout shoes in the lobby **before** entering the Fitness Center. This will help keep our floors and fitness equipment clean and salt free. We would appreciate your cooperation in this matter.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Easy Salmon Cakes**



Ingredients:

2 tsp. olive oil plus 2 TB, divided	1/2 c finely chopped onion	3 TB finely diced celery
2 TB chopped fresh parsley	2 (6 oz) cans unsalted, boneless, skinless salmon, drained	
1 large egg, lightly beaten	1 1/2 tsp Dijon mustard	1/2 c panko breadcrumbs
1/2 tsp ground pepper		

Directions:

1. Heat 2 teaspoons oil in large non-stick skillet over med-high heat. Add onion and celery; cook, stirring until softened, about 3 minutes. Stir in parsley. Remove from heat and transfer to a small bowl; wipe out pan.
2. Place salmon in a medium bowl; flake apart with fork. Add egg and mustard; mix well. Add the onion mixture, panko and pepper; mix well. Shape the mixture into 8 patties, about 1/4 cup each and 3 inches in diameter.
3. Heat 1 tablespoon oil in the pan over med heat. Add 4 patties and cook until the undersides are golden, 2 to 3 min. Using a wide spatula, turn them over and cook until cooked through and golden brown on the other side, 2 to 3 minutes more. Transfer to a plate and cover to keep warm. Repeat with the remaining 1 tablespoon and 4 patties, adjusting to med-low heat if needed to prevent burning.
4. Serve the salmon cakes with dill sauce and lemon wedges, if desired.

