

# THE WELLNESS EXPRESS

MARCH 1, 2024 - ISSUE NO. 1

## BWC MEMBER WIN

Sarah has been a terrific member of Youth Strength & Performance Camp! She offers great intensity and determination to get it right. She has also shown great improvement in her mechanics and her fitness tests as well. Sarah may roll her eyes, but she is always up to the task at hand and will give it her best. Yes, including sprints.



**BRITTANY BRACY**

### BWC OFFICE COORDINATOR

I recently accepted the Office Coordinator position at the BWC. I have a background in social services and a passion for health and fitness. I'm a dog mom of three who loves crafting, exercising, learning, and listening to music. My favorite ways to stay active include walking my dogs and lifting weights. I'm motivated by helping and seeing growth in others. I am blessed to work in an environment where the days are full of growth, hope, and inspiration at the Blessing Wellness Center.

## BWC WELLNESS CHALLENGE UPDATE

There are 109 participants, spread amongst 18 teams, competing in the Winter Warrior Challenge! Winter Warriors have racked up 1,147 check-ins and counting, since the start of the challenge on Jan 15th. This is huge and we love the healthy competition between the teams! There are 5 weeks remaining for those participating. Keep pushing yourselves. We will send out a reminder to schedule your post InBody scan 2 weeks prior to the end of the challenge.



**AMY HARRIS**

### IFC PERSONAL TRAINER

I received my NASM Personal Training Certification 12 years ago. My favorite thing about training at the Illini Fitness Center is helping my clients reach their goals, whether that be to build their strength or improve their balance. I love seeing people gain more confidence and feel better about themselves. Aside from personal training, I am also certified to teach Pilates, Barre, and TRX.

## TIP OF THE MONTH

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.



## BWC PRE-ORDER MEALS FOR MARCH

- SHRIMP BOIL BOWL
- TACO BOWL
- GREEK CHICKEN BOWL

INFORMATION WILL BE EMAILED OUT THE WEEK PRIOR TO WHEN THE MEAL IS AVAILABLE FOR PRE-ORDER!  
For more information, please call the BWC at 217-214-5858.