

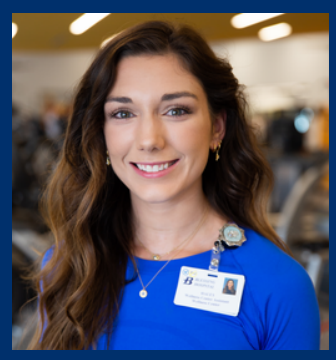
THE WELLNESS EXPRESS

APRIL 1, 2024 - ISSUE NO. 2

BWC MEMBER WIN CARRIE COOK



Going to the Blessing Wellness Center has been one of the best things I have ever done! Working with personal trainer, Annette Scholfield, has been one of the best parts of that. Annette has been training me for 6 months now, and even though I still have a long way to go to reach my goals, I can say I have made amazing progress. I am losing fat and gaining muscle while improving my health overall and I feel so much better. Annette's vast experience and her wonderful personality all combine to keep my sessions constantly challenging and fun. She knows just how much to push me to make new gains and she knows when I might need to back off a bit sometimes too. The facility is top notch with lots of equipment to choose from and is also very clean. I love that they have a constant supply of healthy foods to purchase. I am so thankful that I was referred there by my nurse practitioner! It's one of the best decisions I have ever made.



HALEY YOUNG WELLNESS CENTER ASSISTANT

I am a National Academy of Sports Medicine certified personal trainer and a 200 hour certified yoga teacher. I love to stay active by keeping up with my three year old son, spending time with family outside and lifting weights. I recently competed in my first ever powerlifting meet and took first place in my weight class. The BWC community has played a vital role in my health journey and I am grateful for the support that is found in our facility!

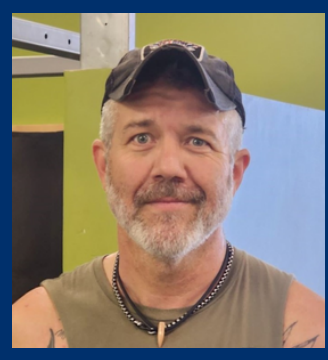
New Youth Strength & Performance Group Fitness Class

This class will introduce young athletes to the basics of strength and conditioning and sport specific performance training. Participants will have the opportunity to learn new types of training that will improve their speed and agility, plyometrics, power and force production, stability, and coordination. All of the essentials that will help young athletes develop in their sport!

Ages: 11-15*
Cost: \$80 per 10 class package

To register your child, please call the BWC front desk at 217-214-5858.

*Child must be registered for or have completed the Youth Training Program prior to participating in the Youth Strength & Performance group fitness class.



IFC MEMBER WIN BRIAN ROATE

After I retired from the US Army, I stopped exercising and eating well. My health suffered and I fell into a deep depression. I started working out 2 years ago at the Illini Fitness Center. So far, I have lost over 70lbs and 10 inches from around my waist. I started competitive running a year ago and will compete in my 1st half marathon in May. My advice for others is, don't give up! Make working out a priority and make healthy eating a lifestyle.



TIP OF THE MONTH

While walking, try holding a kettlebell upside down above your shoulder with your elbow bent at a ninety degree angle. This exercise is great for shoulder health and stability!

BWC PRE-ORDER MEALS FOR APRIL

- APRIL 2ND: DECONSTRUCTED STUFFED PEPPER BOWL
- APRIL 9TH: BUFFALO MAC & CHEESE
- APRIL 16TH: EGG ROLL IN A BOWL
- APRIL 23RD: CHICKEN & SWEET POTATO BURRITO BOWL
- APRIL 30TH: THAI CHOPPED CHICKEN SALAD

*Orders are due by 2 pm on the Friday before the date listed.
Info will be included in PR about each meal.