

# THE WELLNESS EXPRESS

MAY 1, 2024 - ISSUE NO. 3

## BWC MEMBER FEATURE Check out some of the things Linda appreciates about the Blessing Wellness Center!

LINDA BURKE



- The facility is clean.
- Staff is friendly, welcoming, and knowledgeable. They are always willing to help!
- There is a wide variety of equipment to use and there are classes and wellness challenges offered.
- Try one of the cooking classes! I like that they are kept small for one-on-one instruction as needed, full of fun/laughter, and great to do with friends or by yourself.
- The wide variety of weekly pre-order menu items. They are delicious, healthy, and priced fairly.
- I always feel better when I use the BWC and leave feeling energized and recharged. My endorphins kick in to positively stimulate a good mood and I sleep better at night!
- I encourage all to try the BWC, you may be surprised how good you feel.



**ANNETTE SCHOLFIELD**  
BWC PERSONAL TRAINER

I have been with Blessing for 12 years. I'm an ISSA Personal Trainer who specializes in a variety of classes, including Bodhi, Rowing, Cycling and Power 45. I am passionate about helping others achieve their fitness goals. Outside of fitness I prioritize spending quality time with my family and exploring the outdoors.

### DID YOU KNOW?



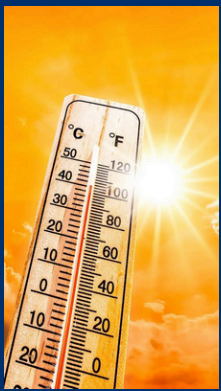
The BWC Group X 3 Classroom is open 24/7 and has more equipment than ever! Stocked with foam rollers, Bosu Balance Trainers, small barbells with various weighted plates, mats, bands, and Body Bars. It's the perfect spot for all of your warm ups and accessory workouts!



**DESTINI KENNEDY**  
ILLINI FITNESS ASSISTANT

I accepted the Illini Fitness Assistant position a little over 6 months ago. I wanted to try a different route in healthcare as I was a bedside CNA for around 5 years. I like to stay active by going on walks with my 2 big fur babies and playing pickleball with my family. I'm glad to be part of Illini Fitness and watch big changes happen in member's lives!

### TIP OF THE MONTH



The American Heart Association recommends getting 10,000 steps per day to lower mortality rate and stay heart healthy. Make sure to hydrate with plenty of electrolytes when walking outside. Your body loses a lot of sodium, chloride, potassium, magnesium, and calcium in sweat. Look for these key ingredients in any hydration drink this summer.

### BWC PRE-ORDER MEALS FOR MAY

- MAY 7TH: CHICKEN BERRY SALAD
- MAY 14TH: PHILLY CHEESESTEAK BOWL
- MAY 21ST: PINEAPPLE SALSA CHICKEN
- MAY 28TH: NO PRE-ORDER MEAL

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