

# THE WELLNESS EXPRESS

JUNE 1, 2024 - ISSUE NO. 4

## BWC MEMBER WIN GRACE HENDRIAN

Grace has been a wonderful member of our Youth Training Program. The goal of the Youth Training Program is to make sure young members have a good grasp of the basics of exercise and safety. Grace, not having a lot of experience, immediately understood many concepts in the gym with ease. This allows us to progress further and quicker so she can get the most out of the training sessions she has. She is very light hearted and really fun to be around!



## JACOB NELSON BWC EXERCISE PHYSIOLOGIST

I graduated from WIU in 2014 with my Bachelor's degree in Exercise Science. I have since worked in rehabilitation, Nutrition HQ, and have recently hit my 5 year work anniversary at Blessing. My passion is exercise and nutrition. I compete in powerlifting competitions as well as coach my clients to compete and win with me.

## FACILITY REMINDERS

Will you have friends or family visiting over the summer? Treat them to a workout at the BWC or IFC!

- Guests of members are welcome during staffed hours of operation only. Staffed hours vary by season and are subject to change at any time. For current staffed facility hours, please contact the Blessing Wellness Center or Illini Fitness Center.
- Per our guest policy, all guests are required to sign our liability waiver and purchase a day pass.
- Children under the age of 16 are not allowed to use the facility as a guest.



## IFC MEMBER WINS KARLA MASTERSON & CHRISTINA EIGENMAN

The advice this mother-daughter duo has for others is to buddy up and exercise with a partner! Karla & Chris always come to exercise together for support. When you see one, you know the other is close by! They have experienced improved strength, weight loss, and have gained more energy since joining the IFC.

## TIP OF THE MONTH

When working out, focus on your form during every exercise. Proper form not only maximizes the effectiveness of your workout but also reduces the risk of injury. Using proper form can provide joint protection, muscle balance, reduced strain, optimized force distribution, and increased body awareness.

Have questions regarding your form on a particular exercise? Ask one of knowledgeable personal trainers for a form check!

## BWC PRE-ORDER MEALS FOR JUNE

- JUNE 4TH: COBB SALAD
- JUNE 11TH: QUESO PASTA
- JUNE 18TH: BURGER BOWL
- JUNE 25TH: BERRY SALAD

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