

# THE WELLNESS EXPRESS

JULY 1, 2024 - ISSUE NO. 5

## BWC MEMBER WIN AMY BANGERT

I started going to the Wellness Center and training with Jake in February of 2023. In that time, I have been able to reach fitness goals that previously seemed impossible. This has improved my overall health and lifestyle significantly, allowing me to do more of the things I enjoy doing pain free. The support and encouragement I've received keeps pushing me to be a better version of myself every day.



**MINDY ST. JOHN**  
BWC CULINARY & MEAL PREP ASSISTANT

I've worked at the BWC for almost 3 years. When I'm not helping Jen in the kitchen, I am busy baking and decorating cookies for my business, Mindy's Cookie Creations. Outside of work, I love to take trips and hang out with my family and friends, spend time outdoors, and care for my large collection of houseplants.

## Policy Reminders for Sharing Equipment

### Practice common sense.

- Members are limited to using **1** machine at a time during peak hours.
- Members are limited to using **2** machines at a time during non-peak hours.

### You **MUST** share equipment.

- When using two machines, please let other members work in (take turns) while you are alternating machines.
- The **only** machine you are entitled to is the machine you are actively using.



**CRISTY MCCARTNEY**  
ILLINII FITNESS ASSISTANT

I have worked at Illini Fitness for 29 years as a front desk assistant and group fitness instructor. In my spare time, I love to travel, go boating, tend to my flower garden and of course, work out ! The greatest thing about working at Illini Fitness is hearing the success stories from our members about their fitness wins.

## TIP OF THE MONTH



**NOAH PARRISH**  
BWC PERSONAL TRAINER

Drop Sets are a great way to challenge your muscles and save time. A drop set is lifting a weight until close to failure, then cutting the weight and performing the lift again for more reps, and then cutting the weight again, and trying to squeeze out as many as you can muster.

## BWC PRE-ORDER MEALS FOR JULY

- JULY 2ND: **NO PRE-ORDER MEAL**
- JULY 9TH: EGG ROLL IN A BOWL
- JULY 16TH: BUFFALO CHICKEN LASAGNA
- JULY 23RD: BREAKFAST TACO BOWL
- JULY 30TH: PEACH BERRY CHICKEN SALAD

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