

THE WELLNESS EXPRESS

SEPTEMBER 3, 2024 - ISSUE NO. 7

BWC MEMBER WIN JACQUELINE VARDAROS

Having a personal trainer at the BWC has been super beneficial and fun, the time flies and it's a great escape from work. It has increased my fitness, contributed to a healthy pregnancy and recovering from my third child. Along with returning to my pre-pregnancy weight, Jake's programming has helped me accomplish continued progress. I love the BWC challenges and look forward to participating every season. The weekly meals and healthy take-home offerings from Jen and her team are phenomenal for keeping within macro limits. My favorite items are the frozen treats dipped in chocolate. All members could benefit from increasing their utilization to the BWC. I know exercise is medicine and probably the key to longevity (coming from your friendly, local pharmacist).



NOAH PARRISH BWC PERSONAL TRAINER

I have worked at the Wellness Center for almost a year. I am a Certified Strength and Conditioning Coach and Personal Trainer. Outside of work I like to participate in recreational sports including basketball, volleyball and softball. My favorite part about working at the Wellness Center is learning more about my clients' lives.

FACILITY REMINDERS

- Members are **required** to check-in **each** time they enter the facility, utilizing their personal key tag or barcode in the mobile app.
- Members are **not to let anyone into the facility**. To promote a safe and secure environment, every member is issued a key tag and expected to use it.
- Clean and functional fitness attire is **required**.
- Shirts **must** be worn at all times.
- Any clothing worn within the facility, including logos or messages on apparel, **must be acceptable in a family setting**.
- Clean athletic shoes with closed toes and scuff resistant soles **must** be worn in all activity areas of the facility at all times, unless otherwise posted.
- Equipment **cannot** be reserved.
- **Remove all personal belongings** when not actively exercising on equipment or at a workout station.



IFC MEMBER WIN JOHN THOMAS

I've been a member of the Illini Fitness Center for about 8 months. I went for my yearly checkup and found out my blood sugar was extremely high. I decided at that time, I was going to start eating healthier and start a workout regimen. By staying consistent, working out 5 days a week and focusing on eating healthier, I am down 25 pounds. My blood sugar is back down to a normal range too. I feel better than I have in 10 years!

BWC CULINARY CLASSES FOR SEPTEMBER

- 9/3:** Breakfast (Class is FULL)
- 9/10:** Football Foods
- 9/17:** a-PEEL-ing Apples
- 9/24:** Curry and Flatbreads

Cost is \$30/member and \$40/non-member.
Classes are at 5:30 pm.

BWC PRE-ORDER MEALS FOR SEPTEMBER

- 9/3:** No Pre-Order Meal
- 9/10:** Buffalo Chicken Baked Potato
- 9/17:** Breakfast Casserole
- 9/24:** Sweet Potato Cheddar Bowls

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