

THE WELLNESS EXPRESS

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with an emphasis in Culinary Science**



I have been at the Wellness Center for 7 years. I enjoy working with a variety of age groups and am inspired by my clients. The highlight of my job is teaching my culinary classes – I am a natural-born foodie and love being in the kitchen! I love to cook and teach others how to prepare tasty foods that are also healthy.

TIP OF THE MONTH

The CDC recommends getting at least 150 minutes of moderate intensity physical activity per week, to keep yourself healthy.



BEING PHYSICALLY ACTIVE CAN:

- Improve your brain health
- Help you maintain a healthy weight
- Reduce the risk of disease
- Strengthen bones and muscles
- Improve your ability to do everyday activities



IFC MEMBER WIN ALLISON VANSTRIEN

4 years ago, I started coming to the Illini Fitness Center to become more active. The facility has many different options of exercise equipment. I can always find what I need for any kind of movement I am wanting to do. The IFC being open 24/7 has helped me incorporate fitness into my hectic schedule. My advice for other is, just start coming in! Everyone here is friendly and willing to help with any questions.

POLICY REMINDER CELL PHONE ETIQUETTE



Limit cell phone use while on machines.

- Brief use of cell phones to manage music, document workouts, and watch brief exercise tutorials is allowed.
- Texting, scrolling through social media, checking emails, etc. is prohibited while using the strength training equipment.
- Talking on the phone in the open gym area is prohibited. If you need to take a phone call, please do so in the lobby area.
- Talking on speakerphone anywhere in the facility, including locker rooms, is prohibited.
- Playing music, videos, or any other audio content on speakerphone from your phone/device is also prohibited.

BWC CULINARY CLASSES FOR OCTOBER

- 10/1:** Apple Class
- 10/8:** The Great Pumpkin Class
- 10/15:** Homemade Pasta Class
- 10/22:** Spooktacular Class
- 10/29:** Kids' Halloween Food Art Class

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

BWC PRE-ORDER MEALS FOR OCTOBER

- 10/1:** Lasagna
- 10/8:** Chili w/ Cornbread Croutons
- 10/15:** CranApple Chicken Salad & Jalapeno Chicken Salad
- 10/22:** Chicken Sesame Noodle Bowl
- 10/29:** Deconstructed Stuffed Pepper Bowl

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