

THE WELLNESS EXPRESS

NOVEMBER 1, 2024 - ISSUE NO. 9

BWC MEMBER WIN LESA WIESEMANN & BOB LUBBERT



Lesa's "why" for coming to the gym every Saturday & Sunday morning at 8 a.m.! My Dad and I are not what you would call "gym people". But about 15 years ago, he had to have heart by-pass surgery. Part of his rehabilitation was to go to the gym 3 days a week after he had completed the Blessing Outpatient Cardiac Rehabilitation program. I thought this would be a REAL struggle to get him to agree to go. Don't get me wrong, he is a hard worker and got lots of "exercise" through his daily profession building homes. But he wasn't getting enough cardiovascular exercise. To my surprise, not only does he exercise at the Wellness Center the recommended 3 days a week, but now you will find him there pretty much EVERY morning riding his bike. 😊 Last winter the Wellness team offered a Core Health Challenge and some of my coworkers "convinced" me to sign up. I figured if my 89 year old Dad could go every day, then I could try it too. I worked my way up to 40-45 minutes per day, 5-7 days per week (during the challenge). "Life" gets in the way now, but you can still find me there pretty much every Saturday and Sunday morning at 8:00 a.m. hanging out and chatting with my Dad. Exercise is so much better, and goes so much faster, when you are sharing it with someone you love.



KYLIE WILLEY
WELLNESS OPERATIONS
COORDINATOR

I have been with the BWC for 8 years. Before taking on my current role, I had worked as a group fitness instructor, front desk attendant, and personal trainer. During my free time, I enjoy taking yoga classes, going hiking, gardening with my husband, cooking, and spending time with our 3 dogs.

AND THE AWARD GOES TO...

The Blessing Wellness Center was awarded the Herald-Whig 2024 Readers' Choice Best Fitness Center/Gym! Thank you to our amazing members for voting us best fitness center/gym in Quincy 3 years in a row!



IFC MEMBER WIN
BILL CHRISTISON

I've been a member of the IFC for about 15 years. I had some spare time and someone suggested I start an exercise regimen, so I decided to join. I'm 93 years old, exercise and socialization at the gym has been beneficial to me. I exercise 4-5 times a week for about an hour. The advice I would give to others, don't just sit idle, get up and move!

BWC CULINARY CLASSES FOR NOVEMBER

11/5: "Date" Night Culinary Class

11/12: Meals In Minutes Culinary Class

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

BWC PRE-ORDER MEALS FOR NOVEMBER

11/5: Fall Quinoa Salad

11/12: Turkey Taco Bowl

11/19: NO PRE-ORDER

11/26: Queso Pasta

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