

# THE WELLNESS EXPRESS

FEBRUARY 3, 2025 - ISSUE NO. 12

## IFC MEMBER WINS STEVE & POLLY WATKINS

What inspired me to get a little healthier was when I had thyroid problems, my weight started to rise. I have a smaller frame, so it was tough to carry around extra weight. My biggest wellness win is learning everyday how to live healthy. I try to eat healthy, take supplements, and exercise. Through this, I have been able to maintain my weight. The advice I would give others is, don't listen to all the advertisements of others. Food is our best way to get healthy. It starts in the kitchen!

- Polly

I have, in some capacity, always done some form of exercise. But, I give credit to my wife for getting me inspired again. We both had health issues at the time and started our "couples therapy" workout. My wellness win is getting to a manageable weight and getting off of meds. The advice I would give others is, do you! Find what works best for your fitness journey. Don't settle or become discouraged.

- Steve



## BWC MEMBER WIN LAURA LIEURANCE



Initially I was intimidated to begin working out with a personal trainer and what expectations would be required of me. Thankfully, I stepped out of my comfort zone and began training with Annette. She individualizes my sessions for my fitness goals and needs; she encourages and motivates me to achieve them. She is knowledgeable and easy to speak with, answers questions and offers advice on health and nutrition. With her consistent flexibility, guidance and support, I now look forward to and enjoy working out. I so appreciate her and am grateful for my successes from knowing and training with her!

## TIP OF THE MONTH



Boost your immune system with nutrients such as zinc and vitamin C. Find vitamin C in citrus fruits, kiwi, berries, broccoli and tomatoes. Find zinc in poultry, legumes, whole grains and seafood.

## FACILITY REMINDER



Help us keep your facility clean! This time of year, we battle the snow and salt. Please bring a clean pair of shoes to change into when you arrive at the facility. All shoes worn beyond entering the facility must be dry and free of mud/dirt and winter-time salt. You may use the cubbies near the entry to store your outside shoes.

## BWC CULINARY PROGRAMS & CLASSES FOR FEBRUARY

- 2/4, 2/11, 2/18, 2/25:** Junior Chef Program
- 2/5:** Intro to Cake Decorating
- 2/19:** Kids' Food Art Class
- 2/26:** Cottage Cheese Creations

## BWC PRE-ORDER MEALS FOR FEBRUARY

- 2/4:** Cauliflower "Stir Fried Rice"
- 2/11:** Italian Wedding Soup
- 2/18:** Chicken Alfredo (Gluten-Free)
- 2/25:** Chicken Curry w/ Cauliflower Rice

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