

# THE WELLNESS EXPRESS

MARCH 3, 2025 - ISSUE NO. 13

## TIP OF THE MONTH

Follow these tips to avoid common mistakes when you're weight training:

- **Don't skip the warmup.** Cold muscles are more prone to injury than warm muscles. Before you lift weights, warm up with 5-10 minutes of brisk walking or other aerobic activity.
- **Don't rush.** Move the weight in an unhurried, controlled fashion. Taking it slow helps you isolate the muscles you want to work and keeps you from relying on momentum to lift the weight. Rest for about one minute between each exercise.
- **Don't over do it.** For most people, completing one set of exercises to the point of fatigue is usually enough. Additional sets may take up extra time and contribute to overload injury. However, the number of sets that you perform may differ depending on your fitness goals.
- **Don't ignore pain.** If an exercise causes pain, stop. Try the exercise again in a few days or try it with less weight.
- **Don't forget your shoes.** Shoes that protect your feet and provide good traction can keep you from slipping or injuring your feet while you're lifting weights.



## IFC MEMBER WIN HEATHER EVANS

I have been a member of the IFC for 5 years. I started to focus on bodybuilding in 2020, with the end goal of competing in a bodybuilding show. In July of 2021, I stepped on stage for the first time and placed second in my height class. I wasn't satisfied with that outcome. I stepped on stage 2 more times after that, with similar results. I decided to step on stage again in 2023, after a year off. I competed in 1 show that year and placed first in my height class and first overall. I won my OCB Pro Card and was over the moon! I am looking forward to stepping on stage again soon. The advice I would give to others is, everyone must start somewhere, don't give up, starting with little changes can lead to big outcomes.



## MEMBER SATISFACTION SURVEY



As a valued member of our facility, we would love to hear from you about how we are doing as a team! Please make sure to check your email and complete our Member Satisfaction Survey. The survey should only take a couple minutes of your time. If you have any questions or concerns about the survey, please contact Kylie Willey, Operations Coordinator at 217-223-8400, x4225.

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National Nutrition Month



## BRACKET #1

Buy 4 pre-order meals, get the 5th meal free

This is a great deal for multiple day meal options or for sharing with the family!

## BRACKET #2

Macros & Meal Prep Nutrition Coaching with Registered Dietitian (4 sessions for \$90)

- 1:1 coaching sessions with our Employee Wellness Dietitian
- Includes customized meal plans
- Sessions offered in-person or virtual

## JUNIOR CHEF PROGRAM

Our first Junior Chef Program was a success!

Four kiddos completed this 4-week program led by our Registered Dietitian, Jen Kamps. Each class featured nutrition education and basic culinary techniques.

The chefs prepared smoothies, egg scrambles, veggie mac & cheese and chicken nuggets, and baked fries. Our dietitian was so proud of the kids trying new foods they had never tried before and liking a majority of everything. We are excited to offer this program again on Thursdays in April! Cost will be \$120 and include an apron and chef hat. There are limited spots available in this class, so please register early.



## BWC CULINARY CLASSES FOR MARCH

**3/6:** Intro To Cake Decorating (Springtime)

**3/13:** Springtime Kids' Food Art Class

**3/18:** Meal Prep Culinary Class

**3/26:** Seafood Culinary Class

## BWC PRE-ORDER MEALS FOR MARCH

**BUY 4, GET 1 FREE!**

**3/4:** Chicken Bacon Ranch Mac & Cheese  
Turkey Taco Chili

**3/11:** Garlic Shrimp & Cauliflower Rice Bowl  
Jalapeno Popper Chicken Salad

**3/18:** Pesto Meatballs with Mashed Potatoes  
Breakfast Casserole

**3/25:** Greek Salad with Chicken  
Lasagna

Orders are due by 2 pm on the Friday before the date listed.

VISIT OUR WEBSITE [WWW.BLESSINGHEALTH.ORG/WELLNESSCENTER](http://WWW.BLESSINGHEALTH.ORG/WELLNESSCENTER)