

THE WELLNESS EXPRESS

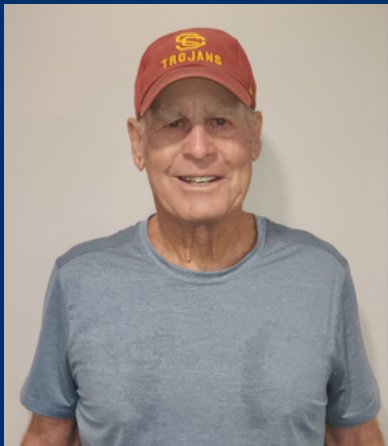
APRIL 1, 2025 - ISSUE NO. 14

BWC MEMBER WIN DIANE NUTTER

To be honest, I'd never done any yoga before meeting Jamie Parrott. I think I started about 6 years ago with a chair yoga class. I WAS HOOKED! I try to go as often as I can! I have some spine issues, having had spinal fusion with 22 sets of rods and screws. I had no physical therapy after surgery, so along comes stiffness and weight gain. I'm stiff in my spine, hamstrings, and hips. But without yoga, I'd probably be a bent over mess! Never say "I can't do that". Trust me...you can! You do what your body tells you to do, but don't be afraid to push yourself!



IFC MEMBER WIN MARK RICHARDS



I had therapy for my back at Advanced Physical Therapy. After I finished therapy, I continued doing the exercises at the Illini Fitness Center. I had always exercised at home, but the IFC has so many machines to help me. Going to the gym is a great start to my day and I have more flexibility, more stamina, and less pain than before. My tip to others is, get started and it will soon become a habit!

TIP OF THE MONTH

Food is fuel. Not fueling up before you workout is like driving a car on empty.

Fuel up at least 2 hours before exercise by:

- Hydrating with water
- Eating healthy carbohydrates, such as whole grain cereals (with low-fat or fat-free milk), whole wheat toast, low-fat or fat-free yogurt, whole grain pasta, brown rice, fruits, and vegetables.
- Avoiding saturated fats and proteins, even healthy ones. Your stomach digests these types of fuels slower.

Refuel your tank with fluids, electrolytes, carbs, protein, and healthy fats.

BWC CULINARY CLASSES FOR APRIL

- 4/2:** Roll Your Own Sushi Class
- 4/8:** Healthy Sauces & Dips
- 4/15:** Kids' Easter Food Art Class
- 4/23:** Cottage Cheese Creations
- 4/29:** Asparagus Culinary Class

BWC PRE-ORDER MEALS FOR APRIL

- 4/1:** Buffalo Chicken Cauliflower Bowl
Egg Roll in a Bowl
- 4/8:** Beef Stroganoff
Chicken Loaf w/ Sweet Potatoes
- 4/15:** Mexican Quinoa Skillet
Chicken Enchilada Soup
- 4/22:** Chicken Cheesesteak Bowl
Turkey Taco Bowl
- 4/29:** Cajun Rice Bowl
Quinoa Chickpea Salad

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

