



TIP OF THE MONTH SLEEP & MUSCLE GROWTH



Did you know that a large part of growing muscle is getting enough sleep? Less than 7 hours consistently can impair muscle recovery and limit growth. A study comparing 8.5 hours versus 5.5 hours of sleep found that the sleep-deprived group lost 60% more muscle mass and 55% less fat, despite identical calorie deficits.

It's recommended you get 7 to 9 hours per night. This is the widely accepted range for optimal muscle growth and recovery. Often, 8 to 9 hours is suggested for those engaging in intense training or trying to maximize gains.

FACILITY REMINDER

Cold and flu season is here! Please be sure to do your part and wipe down ALL equipment before and after EACH use.
Thank you!



BWC MEMBER WIN BAILEY DEAN

I enjoy working out at the Blessing Wellness Center because the environment is positive and motivational. I am pushed to do my best and have built up a lot of confidence.



BWC CULINARY CLASSES FOR OCTOBER

10/1: "An Apple a Day" (16+)

10/9: Youth Culinary Class (11-15)

10/16: "The Great Pumpkin" (16+)

10/23: Halloween Kids' Food Art Class (4-10)

10/29: "Halloween Appetizers" (16+)

"Mastering Meal Prep: A Culinary Nutrition Series"
Tuesdays in October (7, 14, 21, 28) at 5:30 pm
For ages 16+

BWC PRE-ORDER MEALS FOR OCTOBER

10/7: Cranberry Quinoa Harvest Bowl
Egg Roll in a Bowl

10/14: Chicken Alfredo
Chili

10/21: Chicken Loaf w/ Sweet Potatoes
Stuffed Pepper Bowl

10/28: Chicken & Orzo Skillet
Sweet Potato Cheddar Bowl

Orders are due by 10 am on the Friday before the date listed.

