

THE WELLNESS EXPRESS

JUNE 2, 2025 - ISSUE NO. 16

BWC MEMBER WIN MIKAYLA HEINTZ

When I first started my journey to getting healthier and losing weight, the gym was the last thing I wanted to think about. Working out in a gym seemed intimidating and scary, somewhere I couldn't possibly belong or expect to feel comfortable. But since I joined the Wellness Center about a year ago, it's been nothing shy of a positive and welcoming experience every time I walk in. While I haven't always felt confident in the gym, through the friendly staff and other BWC members I've learned the gym doesn't have to be an intimidating place. It's just another place in which to grow and challenge myself.

The only person watching or judging the way I work out is me.

My biggest wellness win so far has been losing over 175lbs thanks in part to the time and sweat I've put in at the BWC. I may not be exactly where I want to be yet, but I'm a heck of a lot closer than when I first walked in. My only advice for other people is the same advice I constantly have to give myself, to keep showing up. Show up on the days when you're tired or don't want to be there because before you realize it, all that time and effort adds up. Just keep showing up for yourself, both in and out of the gym.



IFC MEMBER WIN NANCY ZUMWALT



I've been a member of the Illini Fitness Center for about 10 years. After retiring from teaching, I had more time to devote to my wellness. I was aware of the IFC, so I decided to try it. I loved it, still do! At age 75, I am in good health and fit for my age.

My plan is continue my workouts at the Illini Fitness Center for as long as I can. My wellness win is that I am in good health and can physically do what I want to do. My advice to others is, keep moving and stay active!

TIP OF THE MONTH



June 23rd is National Hydration Day!

Hydration is good for your muscles!

It's an important part of every workout routine. Electrolytes and water keep muscle function working smoothly.

BWC CULINARY CLASSES FOR JUNE

Perimenopause Culinary Nutrition Class Series - Tuesdays in June

6/12: Kids' Food Art Class "Foods for Dad"

6/18: Dairy Culinary Class

BWC PRE-ORDER MEALS FOR JUNE

6/3: Chopped Thai Chicken Salad
Buffalo Mac & Cheese

6/10: Dill Pickle Chicken Salad
Greek Meatballs w/ Veggies

6/17: Berry Chicken Salad
Chicken Alfredo

6/24: Ranch Chicken w/ Bacon, over Hashbrowns
Egg Roll in a Bowl

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

VISIT OUR WEBSITE WWW.BLESSINGHEALTH.ORG/WellnessCenter