

BWC MEMBER WIN SCHANAN KIVETT

I have been a member of the Blessing Wellness Center for 5 years. My wellness journey started 2 years ago when my son enlisted in the Army Reserves. I needed to get healthy so I could enjoy life with my son. My son and I started working out together because I was scared to workout by myself. He created a workout regimen for us. For the first couple of months we worked out side by side; then I became a big girl and didn't need him by my side. In January of this year I started training to hike the Grand Canyon. I have never done anything like this before. I walked 3 miles a day during the week and on Saturday and Sunday I walked 6-10 miles. I also trained on the StairMaster, took Power 45 classes, and lifted weights. On July 8, 2025 we hiked the Grand Canyon in 115° heat. We had three goals: do not die, finish the hike without getting air lifted out, and make memories before my son leaves for basic training and goes active duty in the US Army. My win is that we did all three. I could not have done this without my son and the wellness team.

One of my favorite quotes: "Your strength doesn't come from what you can do; it comes from overcoming the things you once thought you couldn't." – Unknown author



IFC MEMBER WIN TERRY LACEY

I've been a member of the Illini Fitness Center for 5 years. My husband and I started exercising 5 days a week after his quadruple bypass surgery over 10 years ago. There is no doubt that you lose what you don't use. I feel that consistent walking and weight training has helped my body from growing stiff and sore. It's not as hard as you think to exercise consistently. It's my choice, and it's on me what I gain from it.



TIP OF THE MONTH

If you are experiencing pain in a joint, it could be a sign of muscular weakness or inactivity.



The best way to support joints is to strengthen the muscles around them. Using resistance training to target specific muscle groups may help to reduce joint discomfort.

BWC CULINARY CLASSES FOR SEPTEMBER

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

9/16: Kids' Food Art Class (ages 4-10)

9/24: Family Meal Prep Night

9/11, 9/18, 9/25: GLP-1 Meal Prep Culinary Nutrition Program

BWC PRE-ORDER MEALS FOR SEPTEMBER

9/9: Chicken Cheesesteak Skillet
Pumpkin Mac & Cheese w/ Bacon

9/16: Turkey Taco Chili
Cranberry Apple Chicken Salad

9/23: Pumpkin Lasagna
Breakfast Taco Bowl

9/30: Sweet Potato Cheddar Bowl
Pumpkin Chili

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