

THE WELLNESS EXPRESS

MAY 1, 2025 - ISSUE NO. 15

BWC MEMBER WIN KATIE SHRIVER

I appreciate that the Blessing Wellness Center offers members resources wherever we are on our wellness journey. I wanted to be proactive about improving my health, but needed someone to hold me accountable and help me learn good habits that would keep me training for life. Annette has helped me with that and so much more – she encourages me to challenge myself, but reminds me to have grace with myself when my body needs to recover. Since I started training with her in 2023, my goals have shifted from preparing to look and feel great for my wedding, to hiking a mountain, and then improving my body composition in a sustainable way. Annette has helped me feel strong and confident every step of the way, and now I truly look forward to working out! Using more than the scale to measure progress and celebrating big and small victories is a great way to stay motivated. Our bodies can do incredible things if we work hard and care for them well!



IFC MEMBER WIN ROB TAYLOR



I have always been active and in pretty good shape, I strive to keep it that way. I have been active in martial arts for 40 years and I push myself to keep up with the younger guys, it keeps me going. My win is being able to keep my weight in check, keeping my blood pressure under control, and staying heart healthy.

The advice I would give to others is:

- Make friends at the gym. Having someone to workout with and talk to makes it more fun.
- Create a routine and stick with it! Go, even when you don't feel like it. When you get done, you will be happy you did.
- When you first start, keep your routine for at least 6 months. When you see your progress, you will stay with it because you won't want to lose what you have achieved.

EASY TIPS FOR GETTING MORE OUT OF YOUR EXERCISE TIME:



- Increase the number of repetitions
- Increase weight or resistance
- Add cardio to the end of your workout
- Go faster, or go slower
- Change your grip
- Change your starting position

BWC CULINARY CLASSES FOR MAY

5/8: Kids' Food Art Class

BWC PRE-ORDER MEALS FOR MAY

5/6: Garlic Shrimp & Cauliflower Rice Bowl
Chicken Curry

5/13: South West Chicken Salad
Chicken Bacon Ranch Patty w/ Sweet Potatoes

5/20: Berry Chicken Salad
Breakfast Casserole

5/27: NO PRE-ORDERS

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

VISIT OUR WEBSITE WWW.BLESSINGHEALTH.ORG/WELLNESSCENTER