

IFC MEMBER WIN TAMI MCDONALD

I have been a member of the Illini Fitness Center off and on for 23 years! My wellness journey started as a child. I enjoyed swimming, biking, and running. It continued through the years with step aerobics and road racing. About 15 years ago, I started focusing less on running and more on cycling. The last 5 years have brought me to CrossFit and weight lifting. What inspires me most in maintaining my wellness is my love of my children and my grandson. I am an “older” mother, I had my first child at 32 and my last child at almost 40. I want to be well and set a positive example for them. My biggest wellness win has occurred in this past year. I struggle tremendously when the weather changes in the fall and I am faced with so many holidays, angelversaries, and birthdays of loved ones who are no longer with us. This past winter, I decided that I couldn’t continue with an approach of sadness. I hit the weights and completed the 75 Hard Challenge! My biggest piece of advice for anyone seeking wellness is to be patient with yourself. Setting small goals so that your wins can be celebrated frequently is highly motivating and an absolute necessity. Slow and steady wins the race!



TIP OF THE MONTH

Use our walking track for consistent rest times in between workout sets!

Why are consistent rest times important? Different rest durations target different energy systems:

- **Short Rest (30–60 sec):** Emphasizes muscular endurance and hypertrophy.
- **Moderate Rest (60–90 sec):** Balances hypertrophy and strength.
- **Long Rest (2–5 min):** Prioritizes maximal strength and power by allowing full recovery of ATP-PC stores.

BWC MEMBER WIN TRISHA GOODWIN

The Blessing Wellness Center is a fun and friendly atmosphere. I love learning new exercises and techniques from the training staff. I also get a lot out of the nutritional sessions and classes. I have gained a sense of accomplishment and confidence here!



BWC CULINARY CLASSES FOR AUGUST

8/7: Kids’ Food Art Class

8/19: That’s a Wrap Culinary Class

8/27: Mini Meals - Meal Prep for patients taking GLP-1s Culinary Class

BWC PRE-ORDER MEALS FOR AUGUST

8/5: Shrimp Fried Cauliflower Rice
Stuffed Pepper Bowl

8/12: Creamy Chicken Bacon Ranch over Hashbrowns
Egg Roll in a Bowl

8/19: Cottage Cheese Chicken Alfredo
Breakfast Casserole

8/26: Sweet Potato Cheddar Bowl
Chicken Chickpea Curry

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