

# BENCH PRESS

WINTER 2017-18



## Holiday open house

*Saturday, December 9*

*5:00-7:00 p.m.*

Come see BWC decorated for the holidays!

Bring the whole family and enjoy:

- *15 minute chair massages*
- *Acupuncture trial sessions*
- *'Letters to Santa' writing station*
- *Local Carolers*
- *Cookie decorating with Santa and Mrs. Claus*
- *Hot cocoa and snacks in the lobby*

**Members and Non-members are welcome at this  
FREE holiday event!**

### ASK THE EXPERT

What foods can I eat to boost my immune system during the cold and flu months?

Food and medicine help us recover from either the cold or the flu, but most people do not realize the strengthening power certain foods have on our immune system before we get sick. Citrus fruits are everyone's first thought. While these are great, most people do not know that vitamin C is in a wide variety of other foods! Sources with MORE vitamin C than oranges include: strawberries, broccoli, peppers, cauliflower, and green leafy vegetables. Zinc is a mineral just as important in boosting our immunity as well as helping with wound healing. Sources include: beans, eggs, peanut butter, and whole grains. Eating a wide variety of nutrient dense foods that provide different vitamins and minerals will help your body function at its best!



Jaimee Cooper  
Dietitian

# NEW and NOW at BWC

## Kid's Day-Holiday Edition

Need to do some last minute shopping or just relax for the day? Bring the kids to us for a fun filled day of activities from 8:30a-4 p.m. on Friday, December 22.

Ages 5-11 years

\$35 for Members 1st child,

\$30 each sibling

\$40 for Nonmembers 1st child,

\$35 each sibling

Sign-up deadline is Dec 15.



## Choose to Lose-6 week weight loss program:

Please join Fitness Coordinator Tom Morrison and new BWC Dietician Jaimee Cooper as they team-up to bring you the most cutting edge discoveries in how to lose weight fast, and keep it off with a step-by-step program. Whether you join the program or not, learn what really works for weight loss in their **FREE Choose to Lose Information class, Tuesday, December 5th from 6:00 to 7:00pm. Drawing that night for one class participant to win the whole 6-week program! .**

## How to Meal Prep-NEW CLASS!

At some point in your life you will find yourself needing to meal prep. This could be a four-course holiday meal for 20 people or a way to make your weeks easier by prepping multiple meals ahead of time just for you. This class will help you understand how to meal prep and why it makes life easier. Samples will be provided near the end of the class. **Class will be held on Tuesday, Dec 12 at 6 p.m. Entry to class is a new toy (at least \$10 value) or a \$10 donation to the BWC toy drive to benefit families in need in our community.**

Registration for the class is required. You can sign up by calling BWC at 706-278-9355 or stopping by the service desk.



## Life Fit

New Life Fit classes will start in December. Morning and evening classes are available with Cross Fit Level 1 certified trainer Emad Bikhit.

See more at [bradleywell.com/LFWinter2018](http://bradleywell.com/LFWinter2018).

## BWC Basketball League

BWC will hold a Thursday night basketball league starting Jan. 11 with games at 6, 7 and 8 p.m. The league will run 9 weeks. The league is open to members and non-members 18 and up. The entry fee is \$150 per team and the deadline to enter is Jan. 4. Call BWC for more info at 706-278-9355. Only 8 teams will be accepted so sign up soon!



## Barre 365

Barre 365 is a true cardio ballet workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises to gain muscle control, increase flexibility, and develop long, lean muscles. Several sessions are available and will start in January. More information at [bradleywell.com/barre](http://bradleywell.com/barre).



## FREE Heated Yoga

Did you know that Heated Yoga classes at BWC are now part of your membership and there is no extra charge? Take your yoga practice to new levels in heated yoga class. All levels of experience are welcome and no sign-up is required. See the group fitness schedule for days and times.

Check out our featured recipe: Quick Pick-Me-Up Carrot Apple Salad at [bradleywell.com/carrotsalad](http://bradleywell.com/carrotsalad)



# Lose Weight in a Healthy, Sustainable Way- Choose to Lose!

## Change Begins With a Choice

Are you one of millions of Americans who would love to lose weight in the upcoming months?

Is it in your heart and mind to make a change in your appearance, your health, and your lifestyle?

If this is you, then you may be ready to "Choose to Lose" your extra, unwanted body fat. Let us help you with that choice this New Year by giving you some of the most effective weight loss strategies to jump start your resolve and get you on your way fast!

## Eat Well, Be Well

While exercise is vitally important, the truth is, according to the Global Burden of Disease Study, our nutritional habits are now the greatest risk factor for death and disability in the U.S. bumping smoking to number two! Three of the greatest choices affecting your weight, health and longevity each day will be what to eat for breakfast, lunch and dinner!

**We'll give you a plan that will help you to drop a dress size in the first three weeks!** And then help you lay a foundation for continued weight loss, health and longevity that works with your tastes and lifestyle.

## Muscle is King

Unlike other weight loss programs, Choose to Lose doesn't stop with showing you how to eat, but will also show you the best way to exercise as well. Studies have shown that proper exercise, especially including strength training, can increase fat losses by 25%

compared to diet alone. Why leave a fourth of your results still clinging to your waistline, hips or thighs? There is a better way and "Choose to Lose" will make it clear. Learn the truth about exercise and get help putting together your own result producing routines.

## Positive Mindset + Positive Support =Positive Results

Even with the best diet and exercise program, if you don't have the right support from both your own inner "self talk" and the encouragement of others, you may fail. So "Choose to Lose" starts by immediately teaching you how to overcome

negative thoughts, and how to start thinking and eating like a person who exercises regularly and eats supportively. Mentorship and accountability is absolutely unparalleled in helping people to more rapidly learn and attain their goals.

"Choose to Lose" provides the mentorship and support that you may have never experienced before.

Most people have so many questions when it comes to diet and exercise that even getting started is an obstacle. It's time to put your questions to rest and learn the safest and most productive ways to help you reach your full potential.

Please come join us and let us be a part of your journey toward weight loss and better health. You will be astonished by what you can gain if you simply "Choose to Lose!"

*Choose to Lose  
Info Session:  
Tuesday, Dec 5  
from 6-7 p.m.  
Sign up at the  
front desk or call  
706-278-9355.*

## Rapid Fat Loss Secrets! FREE Class!

To kick off your New Year's resolutions right join Fitness Coordinator, Tom Morrison, as he shares the 25 BEST fat loss secrets he's learned over the last 17 years at BWC. Learn all the little truths and "secrets" the popular fat loss programs and books fail to tell you. This is a phenomenal class for understanding how your body really works to lose fat and why certain plans work and others don't.

Take control of your health and learn the secrets to create your own body transformation in this revealing class:

## 25 RAPID FAT LOSS SECRETS

## TUESDAY, DEC 19

## STARTING AT 6:00 PM.



Tom Morrison  
Group Fitness Coordinator  
Personal Trainer



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Return Service Requested

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### BWC Closings and Special Hours

Thursday Nov 23...Closed for Thanksgiving  
Friday, Nov 24...Special Hours 8 a.m.-5 p.m.  
Sunday, Dec 24... Special Hours 7 a.m.-12 p.m.  
Monday, Dec 25...Closed for Christmas  
Sunday, Jan 1...Closed for New Year's Day



[youtube.com/BWCdalton](https://youtube.com/BWCdalton)



[instagram/bwcgym](https://instagram/bwcgym)



[facebook.com/bradleywellnesscenter](https://facebook.com/bradleywellnesscenter)

# Follow us on Instagram @bwcgym

Do you want to win a FREE year to BWC?! When we reach 1,000 followers we will give-a-way a ONE YEAR INDIVIDUAL MEMBERSHIP!

How do you enter??

1. Follow us on Instagram @bwcgym
2. Invite friends to follow our page!

Stay up to date with specials, meal prep recipes of the week and more!

