



# BWC MEMBER APP

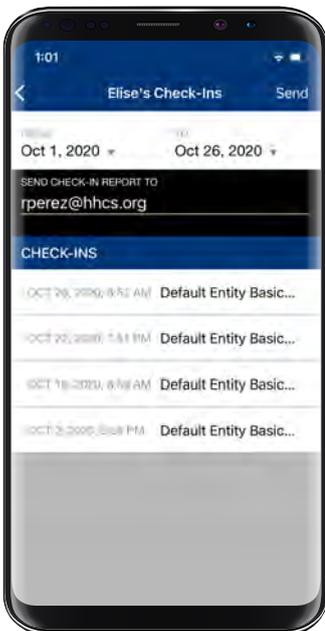
Available now on the Apple  
and Google Play Store

Register for programs and events with ease right from your phone! Current Members have the ability to update and view account information such as: Check-in data, Profile, Statements, and more.

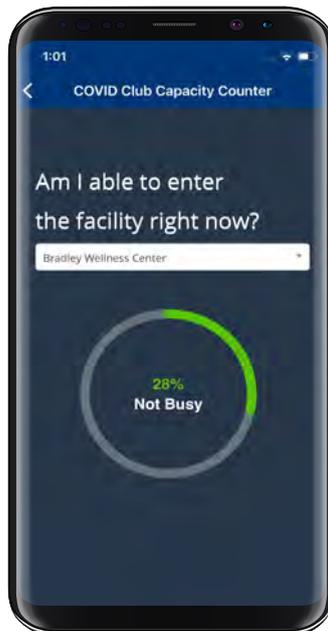
## Member Account Features

- Scan your Key Tag straight from your phone and add it to your wallet for quick access! (wallet access for IOS users only)
- Whether you need to submit check-in visits to your employer or you're tracking your progress toward becoming a BWC Visit Club Winner – Members have the ability to view and email check-in history.
- Manage and view current or previous Personal Training Packages
- View and edit your profile information such as: phone number, address, email and other information. Members have the ability to link family profiles with ease for updates and account management.
- View statements and more all in your mobile app.
- Never miss a class with our up-to-the-minute Group Fitness Class Schedules and add favorite classes directly to your phone calendar.
- Class and Program Registration : While many have no cost they still require registration and registering has never been easier! Members have the ability to register and pay for Programs on-the-go and with ease through our Member App!

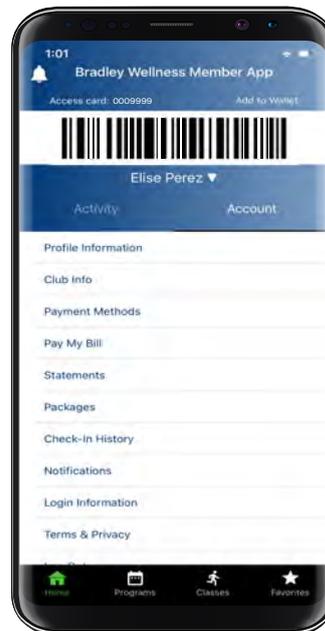
### Check-In Data



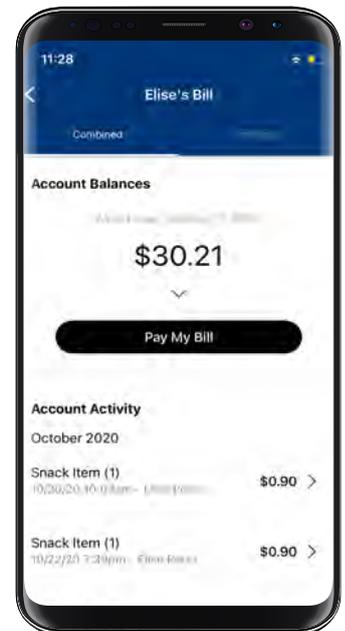
### Capacity Counter



### Account Menu



### Statements



## Choose to Lose

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Are you one of millions of Americans who would love to lose weight in the upcoming months? Has COVID-19 and the “lockdown” caused you to gain some weight and worsened your health? 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”! Let BWC Fitness Coordinator Thomas Morrison, and new Dietitian Victoria Schwark 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 important, 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. Three of the greatest choices affecting your weight, health and longevity each day are what to eat for breakfast, lunch and dinner! If you not only want to lose weight, but want to do it in a way that actually makes you healthier and empowers you long term, you’ll get a great foundation in our next Choose to Lose coaching program starting this January.

**Muscle is King** - Unlike other weight loss programs, Choose to Lose doesn’t stop with showing you how to eat, but will also instruct you on 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 to chance, when you can optimize them to your benefit? There is a better way and Choose to Lose will help clear the way. 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 might fall short. 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!

## Dates to Remember

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### Choose to Lose Orientation Class

BWC Fitness Coordinator Tom Morrison and new Dietitian Victoria Schwark team-up to reveal the MOST important and effective principles for creating lasting weight change so you can be your happiest, healthiest, and most free self! Decide if it’s the right step for you and learn what really works for weight loss in their FREE Choose to Lose Information class, Tuesday, January 12th. Drawing that night for one class participant to win the whole 6-week program!

### Choose to Lose Six-Week Coaching Program

This is it! Get the full six-week coaching program to learn how to implement all the best weight loss strategies so you can take the weight off and, more importantly, keep it off! Choose to Lose Coaching Program – Tuesday nights, Jan. 26th – Mar. 2nd, 6-7pm. \$120 for members, \$150 for non-members- Sign-up at the front desk.



# MEMBER SPOTLIGHT

## DAVID BOBST

When David Bobst (Dave) lost his father and brother to heart disease, he knew he needed to exercise to keep his heart healthy. Dave joined Bradley Wellness Center (BWC) in 1987, being a consistent member and familiar face within our facility for 33 years. Below Dave talks about his struggles and how he has pushed through obstacles to keep moving forward.

“Retiring from the United States Navy in 1960, I began a career of 47 years in Sales and Marketing. I never thought my legs would slow me down, but after enduring many major surgeries, a stroke in 2019, and the COVID-19 closure of 2020, it’s been a painful process to move again.

At 82 years old, recovery is slow, but you have to keep going! You have to want it, and without exercise and coming to BWC, I wouldn’t have recovered. Working out has helped me recover

from all surgeries, stroke, and even broken bones. I want everyone to know - especially seniors, to wear a mask and come on over. It doesn’t hurt when you sit down, so you have to move. It might sound cliché, but if you don’t use it, you do honestly lose it.

After my stroke, the healing process had its own set of problems. Balance isn’t the same, and my muscle control is difficult; all I wanted to do was sleep! I lost my drive and the ability to play guitar, but I knew that exercise would shorten the difficult process. Understanding the benefits that came with moving again motivated me to get up and move. Staying home, especially now because of the virus, seniors are not making an effort to use their legs regularly, and one day our legs will stop being able to move. Regular exercise is a necessity of everyday life. “

Dave is an inspiration and a beloved member of BWC. Exercise doesn’t come from joining a fitness center or even require getting outside your house. Moving is something that can be done for free and even in the comfort of home. **If you would like a senior fitness guide that includes easy exercises to help you get moving – and keep pushing forward, email us at [bwc@hhcs.org](mailto:bwc@hhcs.org) or call 706-278-9355 and we will be happy to mail one to you.** Don’t let obstacles slow you down! As Dave says, “It doesn’t hurt when you sit down,” so push yourself to move those legs and live healthy!



## 25 Secrets to Rapid Fat Loss : FREE SEMINAR

To kick off your New Year’s resolutions right—Join Fitness Coordinator and Personal Trainer Tom Morrison as he shares the 25 BEST fast loss secrets he’s learned in 20 years at BWC! Learn all the secrets for how to create your own body transformation! This is a phenomenal class for understanding how your body really works to lose fat and why certain plans work and others don’t.

Tuesday night, Jan. 7th starting at 6:00pm

FREE to all BWC members and Non-members

Bring a Friend! Sign-ups at the Front Desk. First come first serve as space may be limited to enable social distancing!



# QUICK & EASY VEGETABLE SOUP

250 calories per serving | 25 minute recipe

## Ingredients

- 1 Tbsp. extra virgin olive oil
- 1 chopped onion
- 4 cup low-sodium vegetable broth
- 1/2 cup frozen baby lima beans
- 1 (15 oz.) can black, Great Northern, or navy beans
- 1 cup frozen mixed vegetables
- 1/2 cup frozen tri-colored bell peppers
- 2 tsp. dried oregano or thyme
- Pinch of dried red pepper flakes
- 1 cup frozen broccoli florets
- Salt, to taste
- 1/4 cup grated Parmesan cheese

## Directions

In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.

Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps covered in refrigerator for 3 days. Reheat in covered pot over medium heat.

To serve, divide soup among deep bowls. Option to top each serving with 1 tablespoon of Parmesan cheese.