



Our bodies are  
our gardens;  
Our wills are our  
gardeners.

*William Shakespeare*

## Bradley Wellness Center Newsletter!

### On My Way!

Take a look at the wellness journey Robin Cuthbert has begun.

*"Preventing diabetes became my primary motivation for wellness!"*



Robin Cuthbert

**M**y fitness journey began only a few months ago with the realization that I was not doing well physically. It seemed like I was exhausted all of the time. Even when I would get up in the morning, I was tired and not sleeping well through the night; my body ached, especially my joints. All I wanted to do was go back to bed.

When I would finally get up and begin moving, I became obsessed with what I was going to eat for breakfast, and while I ate breakfast, I would start thinking about what I was going to have for lunch and dinner. I had been diagnosed with hypertension, high cholesterol, and borderline diabetes. For a time, it seemed like my purpose in life was built around my next meal, instead of considering how my eating habits and lack of movement were impacting my life.

I was discouraged. Having been a member of the gym before and trying my best to work out and lose weight, the thought of getting back into a healthy lifestyle routine felt hopeless, and I struggled with a lack of confidence and motivation to even begin. I think just figuring out how and where to start is the hardest part of all. The fear of looking bad or foolish in the gym is real.

Being in the medical field, my main worry was that without lifestyle change, I was headed for diabetes. I did not want that for my future, so preventing diabetes became my primary motivation for wellness.

I know myself, and if I was going to make changes for my personal fitness success, they were going to have to be small changes where I could see success quickly. I made a deal with myself. I set a goal to begin a healthy eating plan beginning December 19, 2022. I told myself if I could get my eating under control for one single month, then I would begin an exercise program. I became determined and disciplined to accomplish better eating habits.

By February, 2023, I had changed my eating habits and started a walking regime. Accomplishing those goals greatly improved how I felt. The issue with me was that I didn't just want to lose weight, I wanted to become toned, muscular, and fit. I wanted my body to look great.

In early April, I entered the "Full Circle" program. This is a program for Hamilton Medical Center Associates designed to support full and part time associates diagnosed with Prediabetes, Diabetes, Hyperlipidemia, Hypertension and Asthma. The success of this program, in large part, depends on the active participation of the associate. The program is designed to help the HMC associate maintain good control over the condition or help in the prevention of the disease state by helping the associate learn how to better self-manage their health.

On April 17<sup>th</sup>, I began my first day at Bradley Wellness Center. I was assigned a BWC Fitness Evaluation with Aaron Mendez, the Fitness Consultant that developed my S.L.E.D. program. (This stands for Stronger, Leaner, Every Day) This is a session free to all new BWC members where a Fitness Consultant shows you how the circuit weight machines should be set up for an individual's height, weight, and personal fitness goals. If you have not had one of BWC's Fitness Evaluations, I would highly recommend it. It is free with your membership, and the way the machines are set up makes a huge difference in personal fitness success. It was during that assessment I realized I had been doing some things the wrong way. After my assessment with Aaron, I could tell that I had worked out

Since I wanted to get results as quickly as possible, I made the decision to hire Aaron as my Personal Trainer.

When Aaron asked me what my level of commitment was, and I responded that I would be willing to train five times per week. He suggested that I limit the workouts to four days per week, because I needed time to rest. Together, we agreed on four workouts—Monday, Tuesday, Thursday, and Friday. Aaron set up a customized 4-day weekly plan geared specifically for my personal fitness goals. While Aaron does not personally train me for every workout, he is there to tweak my workouts as needed, making small changes at least each week. At regularly scheduled intervals, I have a scheduled personal training session with Aaron, and he changes my fitness workout to keep me on track with my personal goals.

Aaron is very knowledgeable—I feel I can ask him anything, and he will get me the information and instruction I need to continue to build my own fitness level. I have been working out with Aaron's guidance for 10 weeks now and I feel so confident. Aaron is available and willing to provide constructive feedback to help me get the most of my workout, encouraging me on a day-in day-out basis. I have lost 60 pounds and have improved mentally and physically. After achieving these results during this short time, I know that I can achieve my ultimate fitness objectives. I cannot wait to see where I am a year from now!

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Robin Cuthbert with  
Aaron Mendez  
BS Health and Wellness  
NASM Certified Personal Trainer

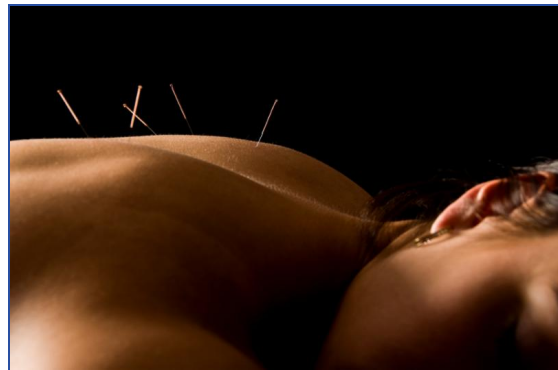
## Massage Therapy and Acupuncture at BWC!



Discover the healing benefits  
of Massage Therapy!

Did you know that Bradley  
Wellness Center offers In-house,  
Licensed Massage Therapy?

*Book your appointment today!  
Call Kim Grant 706.280.0603*



What is Acupuncture?

Acupuncture is a safe, natural,  
and drug free way to prevent  
illness, unseat disease, and  
support the body's inherent  
abilities to regain health!

*Make an appointment today!  
Call Christine Pope  
706.313.9070*

## Upcoming Events at BWC!

### **BWC Will be Closed:**

Independence Day, Tuesday, July 4th  
Labor Day, Monday, September 4th

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**July**  
**10th-13th**  
M-Th

Camp BWC - Ages 5-11  
8:30 a.m. - 5:00p.m. - BWC  
Still have openings for Camp! Sign your kids up today!

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**July  
19th**  
Wednesday

**Fruit Day At BWC**

5:00 a.m. - 9:00 p.m. - BWC Lobby - While Supplies Last!  
Come on in and enjoy a piece of fruit on us following your workout!

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**July  
19th**  
Wednesday

**Cooking Demo with Brett Terrock, MS, RD, LD**

5:15 - 6:15 p.m. - BWC Classroom  
Come sample Brett's Healthy French Chicken Recipe!

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**July  
25th**  
Tuesday

**Nutrition Class with Brett Terrock, MS, RD, LD**

5:00 - 6:15 p.m. - BWC Classroom  
Find out How to Identify Nutrition Misinformation

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**Aug  
16th**  
Wednesday

**Cooking Demo with Brett Terrock, MS, RD, LD**

5:15 - 6:15 p.m. - BWC Classroom  
Come sample Brett's Smoked Gouda Pablano Turkey Burgers

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**Sept  
9th**  
Saturday

**BWC Hike to Benton Falls in Tennessee**

8:15 a.m. Meet at Lower level of BWC Parking Lot  
Sign up on BWC App or Call (706)278-9355 to Register.

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**Sept  
20th**  
Wednesday

**Cooking Demo with Brett Terrock, MS, RD, LD**

5:15 - 6:15 p.m. - BWC Lobby - Tailgate Party  
Come sample Brett's Healthy Tailgate Party Snacks!

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**Sept  
23th**  
Saturday

**BWC Hike to John's Mountain in Georgia**

8:15 a.m. Meet at Lower level of BWC Parking Lot  
Sign up on BWC App or Call (706)278-9355 to Register.

For more information or to register for events, please drop by the BWC Front Desk or call 706.278.9355.



**BWC App!**

- Search for Bradley Wellness Center in the App Store or Google Play Store
- Download App
- Go to [bwc.clubautomation.com](http://bwc.clubautomation.com)
- Select "Access My Account" in the right hand corner of screen
- Key in first name, last name, and email address in fields
- Hit "Continue" Button
- Go to email account and complete new login information, adding your own password or using recommended password
- Go back to App and login with email address and password



## New to BWC?

Scan the QR code to help get you started with your workouts!

You will also see a current Group Fitness class schedule!

Have fun!



Visit our  
Website

Hamilton Bradley Wellness Center  
(706) 278-9355  
1225 Broadrick Drive  
Dalton, GA 30720



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