



**Vitruvian Health**

FOR IMMEDIATE RELEASE

FOR MEDIA

INFORMATION

Daryl Cole: 706-272-6168

## **Mom-strong: Bradley Wellness Center member builds strength for her family**

**DALTON, Ga. (January 12, 2026)** – For Jazmin Luna, working out isn't about losing weight, following fads or fitting into a smaller pair of jeans. It's about consistent investment in herself so she can show up for what matters.

"I found through trial and error that if I don't put myself as a priority, I'm not the mom that I want to be," says Luna, a Dalton resident and mother of three. "Going to the gym is my outlet and a way to keep myself healthy."

Luna is a member of Bradley Wellness Center (BWC), part of Hamilton and Vitruvian Health. BWC is a comprehensive fitness facility on the Hamilton campus in Dalton, Ga., that features a 25-meter indoor pool, indoor and outdoor tracks, weight and cardiovascular machines, group fitness studios and more than 75 classes a week.

"I love going to Bradley Wellness Center," Luna says. "My kids love going there. The staff is awesome. They're very welcoming."

Her children are 10, 4 and almost 2. When she began going to BWC, her middle child was only a few months old, and she was experiencing postpartum depression and recovering from gallbladder surgery. Since the time when he was around 8 months old, she's been a consistent gym-goer.

In high school, Luna enjoyed gymnastics, tumbling and track, but later, motherhood, health issues and the responsibilities of adult life piled on. Physical activity didn't become a serious commitment for her until 2020 when she heard about a gym someone was starting in their garage and she began attending with her sisters and friends.

By 2022, she realized she wanted more. The indoor pool was a big draw for her, and BWC's childcare and welcoming atmosphere gave her more reasons to keep coming back.

"I loved how safe I felt," she says. "I didn't feel like I was being judged there. Everybody was just so nice, so welcoming."

A stay-at-home parent, Luna lifts weights almost daily, varying types of workouts and targeting upper body and lower body on alternate days. She is driven by a desire to keep showing up with her full self — to be able to carry one child in each arm if needed, to tote a diaper bag without fatigue, to go through the day without unnecessary pain.

It's also about intentionally setting an example.

"It really is hard to find a balance as a parent, but I feel like we should always think about our health," she says. "Our kids are watching us, and we are their biggest mirror."

At a time when many people make New Year's resolutions, but few keep them beyond a few weeks, Luna says consistency is vital. When she misses a day, self-compassion helps her get back on track.

"It's not a failure if you keep going," she says. "If you fail to keep your commitment for one day, or if you fail for a week, just get back on track and it's not really a failure."

On days when quitting feels easier, she reminds herself to look beyond the immediate.

"I tell myself that after the workout, I'm going to feel accomplished, and I'm going to feel so good about it," she says. "I tell myself I don't have to go, but I'm going to go anyway. Afterwards, I feel so much better."

For more information about BWC, call 706-278-9355 or visit [bradleywell.com](http://bradleywell.com).

###

**Photo:** Jazmin Luna

#### **About Bradley Wellness Center**

Bradley Wellness Center (BWC) is a comprehensive fitness and wellness facility designed to support every level of fitness – from beginners to advanced athletes. BWC offers a wide range of exercise options and wellness amenities – all under one roof – including extensive cardio equipment, strength-training machines, Free weights, power racks, and functional training areas. BWC's Group Fitness Studio offers cardio classes, such as HIIT, Zumba, Power, and Step. The Cycle Studio offers several levels of cycling classes. The Mind and Body Studio is designed for Yoga and Barre enthusiasts, with many different class options available. Other fitness options include an indoor arena for full court basketball, indoor and outdoor walking and jogging tracks, racquetball courts, tennis courts, and indoor and

outdoor pickleball courts. BWC's 25-meter indoor pool offers lanes open for swimming during all operation hours along with aquatics classes. Sauna and steam rooms are available for member use in each locker room. Childcare is included for children ages 6 months to 11 years for members. Other BWC offerings include nutrition and personal training. Acupuncture and massage therapy are available for purchase by members and non-members.

### **About Vitruvian Health**

Vitruvian Health, formerly Hamilton Health Care System, is a not-for-profit, fully integrated health system serving the Northwest Georgia and Southeast Tennessee regions. Vitruvian includes Hamilton Medical Center in Dalton, Ga., and Bradley Medical Center in Cleveland, Tenn., affiliated physician practices, walk-in care centers, retirement and skilled nursing centers, a diagnostic center, a cancer institute, an institute for children with developmental delays, and more. Known for its advanced care and personalized service, Vitruvian Health offers innovative treatment options in state-of-the-art facilities while maintaining a compassionate, friendly and tranquil healing environment.

The Vitruvian name draws from the organization's recognizable da Vinci-inspired Vitruvian Man icon, which has been a prominent part of Hamilton's logo since 1976. Da Vinci's Vitruvian Man represents harmony, balance, and the interconnectedness of all aspects of health, perfectly aligning with Hamilton's integrated system of care.