

Carobell celebrates opening of a new fitness and wellness center

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HUBERT – The path to good health is a journey and Carobell's new Journey Center is helping its staff and residents meet their health and wellness goals.

The grand opening for the Journey Center located at Carobell's campus in Hubert was held Oct. 16 and the early reviews of those who have used it have been positive.

"Our members come in and circle around (the gym) using all of the equipment. They enjoy it and enjoy having a place of their own to go and to be able to take their time," said Program Director Mary Butts.

The gym's fitness equipment includes a treadmill, weight machine and two new Peloton stationary bikes provided by Trillium Health Resources. Trillium also provided a Peloton bike for Carobell's Station Club site in Morehead City.

Photos: Carobell celebrates opening of Journey Center gym



Carobell Human Resources Director Richard Walker, on bike, and Program Director Mary Butts check out one of the Peloton stationary bikes donated by Trillium Resources for Carroll's new Journey Center. [Jannette Pippin/ The Daily News]

Carobell, Inc., which recently celebrated its 50th anniversary, is a private nonprofit organization that provides residential care and services for developmentally and intellectually disabled individuals.

Butts said 18 of their members use the gym two-to-three days a week and Station Club has 22 members that use the bike there. Members can also request additional time at the gym if they wish.

"All of the members have healthy goals and this is another way to assist them in meeting their goals," Butts said.

Along with the bikes, Trillium is paying for the first year of live and on-demand training provided with the Peloton bikes, which includes a tablet on which those using a bike can stream the programs.

Butts, who won a contest to name the new facility, said she chose the name Journey Center because each individual's

goals for healthy living are just that.

"Our path to healthy living is a journey," Butts said.

Staff also has access to the wellness center and there are currently 27 Carobell staff members signed up to use the facility.

Human Resources Director Richard Walker said he enjoys walking and exercising outdoors but likes that the gym, located across from the main office, is there for him to use on rainy or inclement weather days or just when he has a break during the work day.

Walker said Carobell has a wellness committee and the health and wellness of the staff and members is important to them. Through the committee, they have regular competitions and team activities and Carobell has had a team in the Lighten Up Onslow weight loss program since it was started by Onslow Memorial Hospital.

Butts, who led Carobell teams that have twice won the competition, said health goals are incorporated in the staff's mission.

"Our mindset has always been toward doing things that help the staff stay healthy," Butts said.

Staff members have also been a big part of making the facility possible.

The site of the Journey Center was previously a pavilion used for various events and activities. Carobell's maintenance staff did a majority of the work to transform the pavilion into an enclosed building for the gym, with the exception of some specialty work such plumbing and electrical work.

"Ninety percent of the work was the maintenance staff," Walker said.

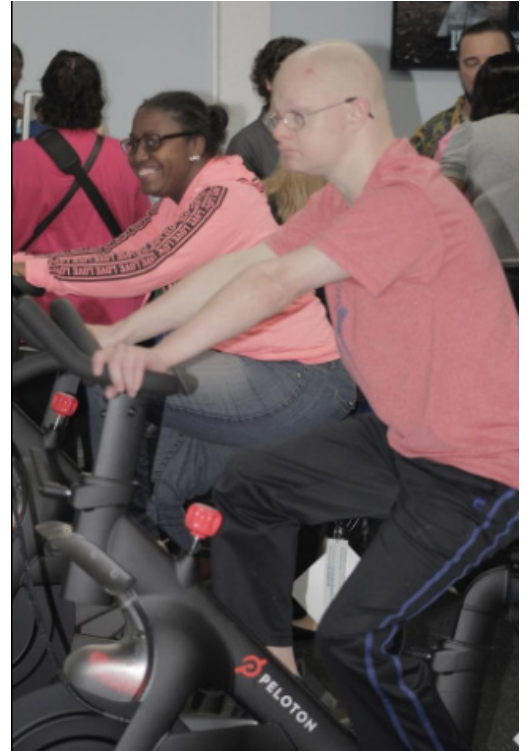
President Vanessa Ervin said the Journey Center has been something Carobell has discussed for a while and it was made possible through a partnership of people and resources.

In addition to Trillium's donation, Carobell has received community donations of fitness equipment and other needs and has been able to purchase items through North Carolina surplus.

"It takes a village and we're excited to have this," Ervin said.

Ervin said the Peloton bikes, which can track fitness progress, will also provide data that Trillium Resources can use for its health communities program.

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Carobell members try out the Peloton stationary bikes donated by Trillium Resources for Carobell's new Journey Center.

[contributed photo / Carobell]