

## ~Trilogy Mind, Body, and Science~



In the bustling world of fitness and wellness, finding a space that seamlessly blends offerings of both cutting-edge performance training and expert rehabilitative care can be a challenge. Enter Trilogy Mind Body and Science, a revolutionary gym located on the rear of the OSHEAN building at 6946 Post Road, this fitness space stems from the passion, vision, and expertise of Wendy Goodine, and has its sights on setting a new standard in holistic health and fitness in our North Kingstown community.

“I saw a change was needed in the fitness and wellness industry. I wanted a place where people could come to get healthy and have every aspect of their health met, including their mental needs.”

The result? A “business model based on the synergy of three health and wellness pillars: MIND, BODY, and the SCIENCE that works in combination to grant function, healing, self-care, and recovery to our bodies and minds on a daily basis.”

True to this sentiment, Trilogy Mind Body, and Science, affectionately known as Trilogy MBS, is not your average gym. It's a dynamic fusion of cutting-edge performance training and expert rehabilitative care, designed to empower individuals on their path to optimal health and fitness, whatever their goals may be.

In keeping with Wendy’s vision, Trilogy transcends what it means to be a gym. It’s a transformative space, and like many transformative spaces, Trilogy represents a place to grow. To grow strength and muscles, to grow confidence and self-esteem, to grow and nurture friendships and relationships both internally and externally.

Amongst many offerings, Trilogy offers a wide array of weight machines, free weights, pneumatic weight machines, fitness classes, high intensity interval training (HIIT) classes, meal prep and nutrition advice, red light therapy, compression therapy, class and meditation/stretch space, and much, much more. Most important is the can-do attitude present here!

In fact, one of the first things you’ll notice upon entering Trilogy MBS is the atmosphere of positivity and support. And it’s genuine.



“I’ve always been in the health and wellness field. I grew up with family members with certain issues, so my passion became helping people. I can work 70 hours a week, and so long as I’m helping others it doesn’t feel like it.”

It’s this drive and commitment that drove Wendy to develop the safe, clean, and secure, 24-hour accessible facility that is Trilogy Mind Body and Science. What’s more, Wendy has worked to cultivate this passion, not only in herself but in those around her resulting in a handpicked team of trainers and staff dedicated to a holistic caring atmosphere.

This is one of the main reasons Wendy focused on “assembling a team of people who share her beliefs” in order to create a shared purpose and sense of support and community at Trilogy, but also to ensure that

programs are “not fad or gimmick based” and that “everything...offered here is based on science.”

What sets Trilogy MBS apart is its follow-through on this holistic approach. Whether you're a dedicated athlete striving for peak performance or someone on a rehabilitation journey, this gym has tailored programs to suit your specific needs. This is in part thanks to Wendy's own experience some 20 years ago when she endeavored to and succeeded in losing over 90lbs via lifestyle changes including exercise and diet. To this day, she's been able to keep it off. As a fitness guru, Wendy is highly adept at tailoring programs to the desired result.

This approach is rooted in the belief that true wellness encompasses the synergy of mind, body, and science.

In keeping with this science-based philosophy, and Trilogy MBS’s emphasis on science-based fitness and rehabilitation, the gym is equipped with state-of-the-art technology and equipment, allowing for greater access to fitness and rehabilitative programming.



This includes access to a wide array of therapies and modalities including IV therapy, Red Light Therapy, Compression Therapy, and Whole-Body Cryotherapy with too many benefits to list. I suggest you check them out further on their website! And Trilogy MBS already has some new science backed therapy options in the works like HOCATT Ozone Therapy.

Because Trilogy MBS keeps a finger on the pulse of the fitness world “always adapting and growing” they view it as their mission to maintain “as an ongoing exploration of the fitness space, and consider it their duty to bring back safe, reliable, best practices that will best serve their patrons in the local community and beyond.”

In addition to the physical element of fitness, Trilogy also emphasizes the importance of mind and presence in all ages. As is reflected in the work and one-on-one instruction they do with some of North Kingstown’s sports teams. Whether it’s working with the quarter back so that he can have the mobility to throw the game securing hail Mary pass or working with a past client’s rehabilitation after a successful kidney transplant Wendy and the staff at Trilogy MBS are up to the task!

“Give me a challenge, and I’m going to show you how many ways I can do it!”

And this attitude carries over to food prep too! Because Trilogy offers both food prep services and food prep education!

“So, whether you want your meal prep prepared by [their] chef, or to learn how to do meal prepping yourself, [Trilogy’s confident they’ve] got you covered!”

They’ve even had success in teaching the subject to kids, and believe “educating kids directly, and their parents on how to support them separately” is key to empowering sustained success in the next generation.

“The trick is to make the idea theirs. You want it to be the kid’s choice, for them to both want to eat healthier, and realize they can. Then parents don’t have to nag.”

From working with and providing fitness space and programming for children and seniors, to keeping athletes and local sports teams in peak condition, and providing a 24/7 accessible iron paradise for fitness experts and novices alike. Trilogy Mind Body and Science is committed to every element of our North Kingstown community and is eager for and open to more opportunities for future collaboration and community involvement.

For those looking for a great opportunity to check Trilogy, Mind, Body, and Fitness out consider stopping by for the Veteran’s Thanksgiving Food Drive and Trilogy Open House event on Sunday November 12<sup>th</sup>! Hosted in conjunction with North Kingstown's football team, 10% of all proceeds and canned food will be collected for Veterans in conjunction with Veterans of Foreign Wars Post 152.



### LOCATION & CONTACT:

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