Wellness Student of the Week
(Exercise Science Department)

Elizabeth Szubinski

I find the Exercise Departments Wellness classes to be exactly what it claims to be, a place of wellness and health. It is my time to reflect, relax, and see how far my limits can go. It may seem like more work but it is work that focuses solely on me and without it I lose track of who I am in my busy life. There should be more mandatory wellness credits or we should at least be able to put more wellness credits towards our degrees because I wouldn’t have made it through my college career without them. These classes help me to achieve personal happiness, healthiness, and improve my ability to push forward in troubling times.