Erin Freiburger's Wellness Story:

What Wellness Class are you taking, and how is it going so far? Would you recommend this class to others? Why?
I am Taking the Obesity Epidemic! I have enjoyed this class a lot! I have learned why the waistline of our country continues to grow and the effects of that increased weight on our bodies. The Obesity Epidemic also has motivated me to stay active and watch what I consume. I hope to continue to gain more knowledge from this class and use it to influence others around me.

What positive changes are you noticing since you have started your Wellness Class? Tell us something fun about your wellness journey!
I have seen a few positive changes since I have started taking the Obesity Epidemic. I definitely think twice before I consume a meal or snack. I try to control my portion size and control the amount of fat and sodium. I also noticed that I point out healthy tips to others all the time. Just today, I told a teacher that she should use apple sauce in her brownies. It is much healthier than vegetable oil and you can barely tell the difference. This wellness class has also motivated me to stay active. I love going to the gym and working out; it is my way to de-stress. Since my wellness class, I have tried new workouts to get some more variety and I have tried to get outside more often for some fresh air. I can already see the changes in my life since taking the Obesity Epidemic. I can’t wait to see what the rest of the semester has to bring!!!