How has taking a Wellness course through the Exercise Science Department helped you in regards to your health, wellness, education, and physical activity? Share your story!

Needing to take a Wellness class as part of my program at GRCC, I was more than a little fearful. Since I have been a walker for quite a few years I figured I could make the Walking class, through the Exercise Science Department, work physically. However, being a senior citizen I was worried about the interaction with all the young people in the class. It turned out to be an excellent choice. My walking stamina has improved greatly and even after walking 6 miles on the Kent Trails and a short rest, I have discovered more energy to complete other physical activity such as taking care of grandkids and gardening. I've learned that keeping physically active is excellent for helping my aging memory - yea! Besides the actual physical walking and wellness I've learned a lot about diet and eating right. And...the best part was the relationships that were developed while walking. What a wonderful, amazing group of people in the class. Thanks to all of you for your acceptance and encouragement. And a special thanks to Melanie, our caring, knowledgeable, and awesome instructor.