Wellness Student of the Week

KATIE LOCKWOOD

Katie’s Story:

Throughout my life I have enjoyed being physically active. First and foremost I am an avid horseback rider, a yoga enthusiast, (I encourage anyone and everyone to take up this practice), a Tuesday night swing dancer, and sometimes I pretend that I’m a runner. Although I have always made physical activity a part of my lifestyle, I have pushed myself harder and varied my workouts more since I’ve been a part of the fitness classes here at the college. With the combination of walking all over the campus and the downtown area, running up and down the stairs to get to classes, and working out in the field house during free time or in a fitness class, I am in better shape than I have ever been. I feel stronger physically and mentally, and I have learned to be very in tune with my body and what it needs on a daily basis. I also enjoy setting goals and competing with myself (and others!) to achieve them.

It’s so easy to fall into a routine with our workouts and to not welcome in variety and challenges. With everything else we have to face in a day—school, work, people, homework, more homework—it’s often hard to make that extra effort to fit in an activity. That first push is always the worst part for me, and getting past feeling self-conscious when working out in front of other people. But the moment I look around and see that everyone else is not at their most glamorous, then the ones who actually stick out in a bad way are those who aren’t pushing themselves and who aren’t being present in their workouts and in themselves.

There is a saying in the yoga practice that tells us, “You alone can walk the inner path.” I encourage everyone to find that spark of energy and light inside themselves and to channel it in positive ways. It’s fun to take care of ourselves, and it’s exciting to achieve things that we never believed ourselves capable of.