Wellness Student of the Week
(Exercise Science Department)

Linda Miles (On Left)

Linda’s Story: At one time in my life I weighed over four hundred pounds. I came to a point where I was tired. I could not walk a half a block without having to stop and breath. I was sick and tired of myself. I decided that gastric bypass was not for me. So I asked God to give me the strength to lose it on my own. I was limited physically because of injuries that I suffered in a car accident. But I had made up my mind it was time to put my health first. I started drinking more water before I ate. After a while of doing this, I started eating less and less. Then I started doing low impact exercises and walking more and more. I am still limited in my walking due to doctor’s orders. But I have never felt better. I lost over 175 lbs. In taking this Healthy Living class I am learning more about eating healthier and exercising more, and other great health and wellness components. I have set another goal of losing 50 more pounds, and I will do it through what I have learned through this class. I encourage everyone to take this wellness course.