Wellness Student
of the Week

Mia Marckini

1) What Wellness Class are you taking, and how is it going so far? Would you recommend this class to others? Why?

I'm currently taking the Yoga 1 class and I'm enjoying it very much. I would recommend this class to everyone from fitness beginners to professionals. For beginners it gives you a chance to push yourself and learn how to endure through challenges not only physically and mentally but also through problems and situations that come your way in life. For the pros it stretches you and allows to be more flexible and fluent with your moves and tricks.

2) What positive changes are you noticing since you have started your Wellness Class? Tell us something fun about your wellness journey! What is your health, wellness, and fitness story?

I've been short, "plus-sized" and bullied my entire life. Because of my stature, many of my peers thought very little of me and they never cared to find out about the person that was within what they saw. I actually played soccer with all my heart for 7 years all the way up until high school when I quit because of over hearing other soccer players speaking poorly about another plus-sized player that was far more skilled and talented than myself. Fast forward 4 years to this semester where after a few weeks of Yoga class I was inspired to start running again. The encouragement I've been given from my professor, peers, and newly gained strength has driven to me to start training for my very first half marathon! Sticks and stones may break my bones, and words have hurt my spirit but I've picked up the pieces and sewn them back together and now I'm back stronger than ever!