Wellness Student of the Week

Shanyne Van Strien

How has the Principles of PE class (PE 184) helped you in regards to your educational/career path?
Principles of Physical Education has not only clarified many aspects of my future career, but it has also affirmed my desire and dream of one day becoming a Physical Therapist. This class has provided hands on experience with students in the teaching field, also giving experience with leadership, teaching and communication. I have been able to learn about the many different careers involving PE and the important stepping stones on which to take to also attain them. PE 184 has clearly demonstrated the importance that Physical Therapists, athletic trainers, teachers, and other careers have in today’s society. Principals of Physical Education has been able to assist me in making intelligent educational choices and provides an excellent guideline to follow as I continue in my path onto becoming a Physical Therapist.

Tell me your "story" in regards to your physical activity, health and total wellness. What have your accomplished? Share your "story"on why taking care of yourself inside and out is so important.
My family was all very active from a young age and my parents did an excellent job in encouraging us to get outside and play. It wasn't until high school that I started to participate in more vigorous exercise and develop a passion for it. Through Life Fitness, Nutrition, Advanced PE, and other classes that I took in high school I began to appreciate what being healthy really means. Sure, the physical benefits of losing weight was a definite plus, though I quickly realized that eating right was just as important to treating the seen aspects of being physically fit also. I was a "Fit Girl" coach to 3-5th graders in high school and I completed my first 5k in 2012, 25k of May of 2013, GR bridge run of 2013, and I'm continuously striving to do more races. I am currently training for the 25k Grand Rapids Riverbank Run in May and a full marathon at the end of this year. In addition, nutrition has also played a big role in my physical journey. With a balance of a healthy diet and exercise, I experience less stress, better sleep, fewer colds and more energy in my daily life. With a healthy body I can and am able to experience life for all it has. Thanks from the encouragement from my parents, support from friends and my personal faith in Jesus Christ, I am able to strive towards goals and set new ones each day, fitness related or not.

What is your professional outlook? How are you going to inspire others to take care of themselves?
Through my faith in Jesus Christ, my Lord and Savior, I believe through everything we do should bring glory to God. Integrity, that is, doing the right thing regardless if somebody is there watching. This plays a major role in my life and I also believe in, "Leading by example". If I am able to be honest in my work ethic and have integrity in my actions, then hopefully others will see the way I live and want to incorporate it into their lives as well. John K. Kennedy once said, "Ask not what your country can do for you, ask what you can do for your country". It is this idea of giving from ourselves in order to help others and doing everything to the very best of our abilities. I believe the world will only change when people start making changes in themselves. I hope through my faith, my desires, and my outlook on life that I will be able to communicate the importance of integrity and hard work to others, and that they will be able to take these principles with them in all aspects of their life.