Wellness Student of the Week

Kaitlin Rambadt

(Kaitlin doing cross-fit handstand push-ups: You Go Girl!)

1. How has the PE/Wellness class at GRCC helped you develop professionally? How does teaching the Organ Wise Guys support our class? What have you learned?

The PE/Wellness classes at GRCC have encouraged me to develop professionally by educating me in the variety of ways the fitness industry can help in the communities we live in. Gaining knowledge on the factors that hinder our everyday lives and our future generations. Helping the community become healthier by supporting fitness and wellness courses in our schools is essential to the productivity and health in the generations to come. The PE 184 program has offered students ways to promote healthy living in Grand Rapids. The PE 184 class has given me the confidence to share the knowledge I have established in fitness and wellness with the community and to be more proactive in finding ways to integrate new fitness programs in elementary/high school curriculum. The Organ Wise Guys program has greatly benefited our class by teaching leadership skills, organizational skills, and social skills. All of which are important aspects to have not only in the fitness industry but in any professional career. It has given me a greater respect for our educators, as well as kindled an enthusiasm for educating the younger generation on fitness and wellness.

2. Share your story of your health, wellness, and physical activity journey!

Fitness and nutrition have always been a passion of mine. Throughout high-school I was active in sports and thrived in any anatomy or nutrition related course. I found myself becoming interested in Olympic lifting after high school which then lead to my discovery of Cross-fit. Cross-fit is the sport of fitness and involves high intensity workouts of constantly varied functional movements. These movements involve anything from rowing, biking, gymnastic movements, and Olympic lifts. Since my discovery of Cross-fit in 2011 I have fully adopted it as my sport and lifestyle. Almost every-day you will find me training for the Cross-fit Games, or coaching others through a workout. My future goals are to one day open my own Cross-fit gym and to be able to offer others the benefits and lifestyle changes that Cross-fit has given me.