Wellness Student of the Week

Megan Munger

How has taking Body Tone and Sculpt help improve your health and fitness?

Body Tone and Sculpt has helped me get motivated to lead a healthier life style by getting into better shape, as well as eating a more nutritional diet. It has taught me a ton of new techniques and routines to get the most out of my work outs and body. This will help me for the rest of my life from being more confident in myself, to lowering my chances of developing high blood pressure, high cholesterol, diabetes, and many other diseases.

What health changes have you made in your life?

I now make exercise a priority and focus on a healthy diet. I think of all the little things that can help me, such as taking the long way to classes or skipping the elevator and hiking the stairs. When I'm craving sweets, I reach for the healthy food first, which usually fills me up and leaves me content without the sweets.