Wellness Student of the Week
Rus & Debbie Towne

**Rus:**
When I started PE 203 The Obesity Epidemic online class, I had been out of college for a number of years and forgot the stressful Life of College. The weekly assignments from 5 courses, working as a Full Time Firefighter, Part-Time Swim Instructor/Lifeguard and running a family, puts a strain on your body and mind. You forget the important things in life, mainly your health. Professor Gee's course has helped me realize what my priorities are. I am taking the course with my wife, Debbie and we help each other with assignments. A healthy body isn't just having muscles, but what is inside your body and being there for your family. Strong Heart, Strong Mind equals a Healthy Balance.

**Debbie:**
Returning to college with 9 credits after twenty plus years, and carrying a full time job was a bit scary for me. Thankfully I have my husband to help me stay focused on my education. Rus and I are taking the PE 203 online class together. It started out as, a fun idea to take a class together considering it was the start of the New Year, and better yet, I could take this with my husband. I would say now, this class is becoming a great learning experience together.

We both love to eat, unfortunately there is about a foot in height difference between us. One of us doesn't burn the calories off like they used to. I love to eat home cooked meals, Rus loves to eat out. Chapter 9 "Restaurants vs Us" in the class book has excellent examples of a lot "don't, and ooh do you really realize what you’re eating" kind of material.

This class is finally getting both of us back on track eating correctly, and the effects it truly has on our bodies. Rus and I are very active, but it is not enough to stay healthy. This is a great class to regain positive energy from after a long day at work. Thank you for helping us get back on track Professor Gee.