Wellness Student of the Week

Wes (Jonathan) Rushing

How has taking a GRCC Wellness class impacted your health and well-being?
I learned so many new workout routines, exercises, and how to form a well-rounded diet. Living a healthy lifestyle includes a lot more than just working out. It's constant dedication to all things health. Most importantly, I learned to include all aspects of fitness into my routines rather than focusing on one area. To me, this meant exercises like yoga, kickboxing, etc. I feel as though I have a much broader sense of the fitness world. Not only has all the above impacted my life, but this class took a large part in my decision to become a personal trainer.

What health improvements did you make over the semester?
Throughout the semester my stamina and muscle mass increased. I was able to exercise longer and do the not-so-fun exercises like burpees, box jumps, etc with a smile on my face!

What does being healthy mean to you?
Being healthy, to me, means that everyday you're able to do something better than the day before. Whether that means running a further distance, being able to lift more weight, or even something as simple as walking up a hill without being out of breath. It means having a willingness to take the time to put the work in and make the right choices so that years from now, as I continue to lead a healthy lifestyle, I don't suffer from illness or aging as drastically. Committing to being healthy has taken over my life. Everything revolves around it and I plan to keep it that way for the rest of my life.