

GRCC Exercise Science
Wellness Student of the Week!!

My New Life Long Beginning – Nicole Horton



Hello I am Nicole Horton,

I am 24 years old and made an Amazing life long decision 11 months ago to better my Health. I currently have lost 85#s FOREVER and am still going!! Health, Fitness & Nutrition are very important to me and I want to succeed everyday in Life by thinking about the foods I put in my body and to workout daily!! I have changed my major to Dietetics and am super Excited for my new Adventure! I currently am in Body Strengthening & Toning, and Basketball with Jodi Gee!! She is an Amazing teacher (Coach), she Encourages, demonstrates a Positive Atmosphere for class and understands not everyone starts at the same Fitness Levels. She will help you PUSH through to hit your goals, and modify anything you need!!