

Wellness Student of the Week

Raydale Shamaine



Raydale Shamaine's Wellness Story:

**What Wellness Class are you taking, and how is it going so far?
Would you recommend this class to others? Why?**

Currently, I'm enrolled in EXS203 which is an online class that works directly with the epidemic of obesity in America. So far, this has increase my understanding of our American health systems, hazards concerning eating habits and the concepts around what being healthy actually means. This would be a class that I would encourage my fellow peers to take an interest in due to the amount of knowledge one can gain from such course. It not teaches about obesity, but also ways to prevent your own personal struggles when it comes to dieting.

**What positive changes are you noticing since you have started your
Wellness Class? Tell us something fun about your wellness journey!**

The beauty in being educated is that you can increase someone else's understanding of the "unknown." During this journey, I've been able to motivate a few of my peers to engage in healthier eating habits, daily exercising as well as a continual effort to inform others of the benefits that comes from taking care of the body. One thing that I would change about this course is that I would make it mandatory rather than optional. Everyone should be aware of the obesity crisis and have information about the world we live in. If you're reading this, do yourself a favor: SIGN UP NOW!