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Name

HLAC 1096-40
Course

26-Sep-11
Date

HLAC - Lifelong Wellness Application Paper

Write a **paragraph** on **each** of the following:

1. What did you learn about “lifelong wellness” from taking this activity class?
From this class i learned about the importance of setting realistic small and long term goals. I realized how important exercise is and about making it a priority in my life, instead of an inconvenience. Taking this class made me look at my BMI and really see how at risk I am for disease and health problems. There are some obvious changes I need to make to my eating and exercise habits. Weight loss isn't a short-term thing it is about making lifelong changes. This class really made me think about how important overall health is. also, I seem to stress a lot. It was really good for me to read about stress management and the positive and negative parts of stress. It's not just physical health the makes overall wellness but several things that make a person really have good health.
2. How would you apply this information to your life?
The exercise log has allowed me to get exercise each day, much more than I was getting before this class started. It was given me more energy and I feel overall better. I plan on continuing the exercise log even after this class is over. I have been more motivated to exercise and try to be healthier in my life. I have tried some of the stretches and exercises the book recommends and I plan to keep doing them and finding others I enjoy. I have put my goal sheet in a place that I can see each day in order to keep me motivated to stick to my goals. I am also trying to buy fresher ingredients at the grocery store and I am paying more attention to the nutrition labels on prepacked food that I buy.
3. What is your intention to continue to exercise in your life and why?
My first 1.5 mile jog was barely average so I have been motivated to keep jogging it each week to try and improve my time.This is something I plan on continuing and maybe one day I will be ready to run a 5k, which is a goal of mine. The log has helped me to stick to the exercise and by continuing it I think i will keep up with my exercise plan. I am going to make exercise a regular priority everday to improve my fitness. I also think that it is really important for my young children to see me exercising, eating better, and living an overall healthier life so I can be an example to them in their lives. I want my family to have long, healthy, happy lives which physical health is a big part of.
4. General ideas for improving this course?
I learned a lot of good information in this course. If there was anything I would change it would be to make the eating log longer, maybe a week long log or even a six week long log. That way every student can really evaluate their eating habits and make the necessary adjustments. They can look at the beginning of the log and see where improvements need to be made and then by the end of the log be able see the improvements.