

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?*

Lifelong wellness to me is feeling healthy, feeling happy and doing what it takes to keep your mind and body locked in that state of being. For me, Racquetball is a great way to feel healthy and happy at the same time. Racquetball provides a way to move and stretch your body that does not occur under normal circumstances. The combination of activity and the mental state produced from playing a game of Racquetball is a fantastic way to keep your body and mind sharp. Keeping the mind and body sharp is a strong example of what “lifelong wellness” truly represents.

2. *How would you apply this information to your life?*

Racquetball in my opinion is a fun game that is meant to be enjoyed by people of all skill levels. During this semester, this class had a huge variety of skill levels to work with. I felt that I was somewhere in the middle, but I improved my skill level being able to play against those who have much more Racquetball ability than I. Life is very similar. If you hope to improve in anything you must constantly face greater competition. One of my favorite sayings is that iron sharpens iron and I fully agree with those implications.

3. *What is your intention to continue to exercise in your life and why?*

I consider myself to live a fairly active lifestyle. Sometimes I can run a little ragged and feel frayed around the edges. Exercise and beneficial activity in general is where I get my stress relief. Racquetball was a great way to relieve stress. As a college student, stress is an inevitability. Class loads and schedules can really hamper mental, emotional and physical progress. Racquetball was the time where I was just able to relax and enjoy the day. I will take my new found Racquetball skills and make a conscience effort to continue playing this game as much as I can. I can clearly see the benefits of using Racquetball as a way to create balance in my hectic schedule.

4. *General ideas for improving this course.*

The class was really structured around the pace of the student. I would have enjoyed learning more advanced techniques. I think more time should have been spent on the fundamentals of serving the ball, but overall I am completely satisfied with the course material.