

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?
I was able to solidify the information that I have been teaching myself for the past few years. The information about diet was especially helpful. After putting my lifestyle under a microscope for 12 weeks, I have a much greater respect and appreciation for the planning process required to live a healthy and active life style.
2. How would you apply this information to your life?
I have already implemented many of the issues discussed during class into my current lifestyle. For example I have added to my workout schedule based on the idea that all workouts need a cardio element in order to be successful. My diet has become much more clean and healthy. One of the greatest pieces I will add to my lifestyle is the fact that when I have questions about who, what, when, where and why, I will not be afraid to seek out the answers.
3. What is your intention to continue to exercise in your life and why?
I will continue to exercise simply because of the peace of mind that it offers me. As a full time father, student and employee, my life is hectic and loaded. Exercise keeps me centered and healthy. Life can overwhelm me but all I do is look back at how hard I have worked and realize that nothing will stop me as long as I keep my body and mind in a healthy state.
4. General ideas for improving this course?
I think the only thing I would suggest is setting up an interval check up with the instructor. A face to face meet-up 2 to 3 times during the course of the semester. I understand that defeats the purpose of an online course, but nothing beats a face to face...