

### **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?  
During this semester I have learned that staying fit is an important part of life as well as eating healthy. I also learned that it is not just how much you weigh that determines how fit you are. When you are going to college it is easy to grab fast food and not exercise. After taking this class I believe that I am looking and feeling better.
2. How would you apply this information to your life?  
I have made healthy improvements in my life because of this class. I see and feel the difference that eating healthy and exercising regularly can make. I come home from work everyday and do my exercise routine 3 times a day. The diet information in the book gave me ideas about changes I will make, especially making dairy and sweets a treat and keeping carb intake limited with more whole grains. I have already made water my main drink and do not drink soda any more.
3. What is your intention to continue to exercise in your life and why?  
I will continue to exercise for fitness and also for back health. I have learned that I need to keep up with my back program as well as aerobics to continue feeling good. Going to work and school every day keeps your stress level up. I plan to exercise 3 times a week for fitness and stress relief! I want set goals so I will stay on track.
4. General ideas for improving this course?  
I do not think there are many ways to improve this course. The book work was lighter so I could concentrate on the actual fitness part of the course. It was easy and fun. This was a great class and it got me back in shape again. I have benefited from this class and will continue to make improvements.