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Name

HLAC 1096-
Course

11-Jul-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?

That everyday needs to be a conscious effort into achieving a lifelong fitness goal. Every decision we make affects how we take care of our self, from how much sleep we got the night before to whether or not we skipped breakfast. We need to ensure that we are constantly make healthy choices to maintain a healthy life style.

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

I need to start my day off right by getting enough sleep the night before. I have noticed when I am tired I am more likely to make bad decisions throughout the day. I also need to make sure that I am eating breakfast every morning. On the days that I am rushed out of the house and don't eat breakfast I end up grabbing very unhealthy snacks from the vending machines to make it through the day. I also need to set bigger goals for myself and make sure I am sticking to meeting them.

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

I have every intention to sticking to the goals I have set for myself. I know I need to continue to push myself and continue to set more goals and harder goals. I like the changes I feel so far and I am sure with more effort I will begin to feel even better throughout the day.

4. General ideas for improving this course?

I would not change anything about the course I liked it just the way it was. I have learned a lot with the reading and I found the assignments to be fun. I have told several people who still need to fulfill this credit that I strongly recommend this class especially if they have a heavy class load.