

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 learned of the different activities that I can do. I also learned how to make the most out of my time. Knowing how my body reacts to each one of the exercises is great when I want to focus on a specific part of my body. I learned to keep my good behaviors and keep them on track.
2. How would you apply this information to your life?
I would take more notice on my everyday chores. I would eat better and integrate more healthy foods into my diet. Fruits are not my first choice but I learned that even a simple banana in the mornings can help me keep my healthy habits.
3. What is your intention to continue to exercise in your life and why?
My intentions are to keep doing the lessons from class eventhough it is over. It's important to create a healthy habit and manitain it. We are living in a world full of synthetics and additives in our food that if we don't help our body get rid of it we can harm it even more. I always keep in mind a saying that I learned and it's: I eat because I need to, I don't live to eat. That is my moto.
4. General ideas for improving this course?
I think that the course was great. Very easy to follow and all the information that I needed was easy to find on canvas and the modules that the teacher created. I love the class and I think it was a very complete course.