

April Stocks

HLAC 1096-12

5-Dec-12

Name

Course

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?
I had already been working on my eating habits for a while but what this class taught me is just how important exercise is to our bodies. I love the feeling that working out gives me. It keeps my mental and physical being in good shape. I realized that exercising is more than just physical appearance. I learned that it will not only help my looks but help with preventing certain diseases such as cardiovascular disease. Most of all I learned that you should continue with exercise and healthy eating for your whole life and not just for a short period of time.
2. How would you apply this information to your life?
I will definitely keep eating healthy and also will keep exercising 3-5 days a week to keep my physical and mental wellness up. I am also teaching my oldest daughter who is 10 years old how important eating healthy and exercising is for our body and mind.
3. What is your intention to continue to exercise in your life and why?
I am going to keep exercise in my life mostly for the prevention of disease and also for the benefits it has given me mentally. I feel better about myself when I exercise and I do not want that to change.
4. General ideas for improving this course?
I don't have any ideas for improving this course although I have one suggestion: I have researched a great amount on preservatives, additives, and chemicals that are in our foods and I don't feel that the textbook has covered this information enough or even to a correct extent. The textbook is great but I think that maybe additional reading on this will also help with the nutrition portion of the course because I feel that we all should be aware of these things that we put in our bodies. I believe that limiting the preservatives, chemicals, and additives in our diets will also help in preventing diseases in our bodies along with exercise.