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| Jason Silva |  | HLAC 1096-48 |  | 29-Jul-12 |  |
| Name |  | Course |  | Date |  |
| **HLAC - Lifelong Wellness Application Paper** |
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| Write a **paragraph** on **each** of the following: |
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| 1. What did you learn about “lifelong wellness” from taking this activity class?
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|  | The first task of maintain "lifelong wellness" is to focus on how to keep it lifelong. I learned that keeping wellness lifelong takes serious dedication, not only to performing the needed tasks but to do research into what you need to perform. Diets constantly fluctuate depending on age, gender, activitiy, etc and need constant attention and updating. Physical activity as well will fluctuate and you need to plan for changes. Moreover I learned that to help maintain wellness you need to be more positive, and mental health will immediately affect physical health. |  |
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| 1. How would you apply this information to your life?
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|  | I've been an athlete for several years, and this is information I've heard from coaches again and again. However, they have all been state champions, and they tell me this information day after day because it's how you maximize wellness and achieve such high accomplishments. I can apply this information I've learned to try and be an even better athlete, and even keep me healthy when I'm no longer competing. |  |
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| 1. What is your intention to continue to exercise in your life and why?
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|  | My intention in continued exercise will be to remain in the best shape I can so I can support myself and whatever future family I have coming my way. Life is easier when you're in decent shape, and when you're in great shape it's just that much better. I want to continue to exercise so that I can be in excellent shape, as life is harder without good wellness and I can better serve those close to me if I'm in prime condition. |  |
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| 1. General ideas for improving this course?
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|  | I have few to no suggestions on how to improve the course. The textbook has vast amounts of useful and pertinent information, and the assignments focus on the subject at hand. Maybe if anything one more due date between the 1st and 2nd would be helpful. This summer I took 5 courses including this one, and so since nothing was due for weeks at a time the whole course was just set aside until I had extra time to do it. So one more due date might get students to not procrastinate and have the course done more smoothly. |  |