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**HLAC 1096 – 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?

Excellent question. I learned so much from taking this course. I realized how important it is to know your family history because there are some things that are un-avoidible through genetics. I also learned the importance of being physically fit as well as making sure that your body is receiving the correct nutrition based on your level of physical activity. One thing I found interesting in this course as well is that there is such thing as good and bad cholesterol, who would have known. I assumed all cholesterol was bad.

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

I will apply this information in my life on a daily basis. Physical activity is such an important habbit to develop at this age, as well as maintaining a healthy diet. By tracking my physical activity and my food intake has opened my eyes to the fact that I am pretty healthy and physically active for someone my age, and I will continue this because I know how important the benefits are for me, not just now, but also for my future.

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

I intend to keep the same activity level that I currently have. I am an avid gym-goer, and not like most girls who go to the gym. I am not a cardio bunny, although I do partake in cardio 4 days a week to keep my heart healthy, but I am one ofthose girls at the gyms who lifts weights, and heavy weights at that. I enjoy going to the gym, it is my escape from reality and the results that I am getting from it are immaculate. I wouldn’t trade it for anything in the world.

1. General ideas for improving this course?

I believe that this course had an amazing layout. There were two due dates throughout the semester as well as access to all of the assignments since day one. This I believe works well for me and possibly others because it gives me time to finish what I can without stressing about due dates. Overall I would rate this course 5 Stars (6 if that’s a thing). I have never had an online class that was laid out like this, and it is by far my favorite layout.