

Lifelong Wellness Application Paper

Write a **paragraph** on **each** of the following:

1. What did you learn about “lifelong wellness” from taking this General Education class?
The main lesson I learned is that motivation is key. I finally found out how truly important lifelong wellness and never quitting. Even in highschool I was not keen on exercising or sports, thankfully my metabolism allows me to not gain weight however that does not make me any healthier. When I began this Cardio Kickboxing class this semester that all changed. I have finally found a workout that keeps me motivated and makes me lose track of time.
2. How would you apply this information to your life?
I was also able to take a Nutrition class along with this workout class which allowed me to learn how important both are to lifelong wellness. I also plan to continue cardio kickboxing. I found a gym that I enjoy and a workout that gives me motivation. Especially with summer coming maintaining a healthy diet and exercise routine will be easier for me. The nutrition class taught me how important exercising continually is and my workout class gave me the tools to make that possible.
3. What is your intention to continue to practice what you have learned in your life and why?
The first step is to focus on everyday. The hardest thing for me to do is create a routine that I stick to. I tend to be great on some weeks and then be lazy on other weeks. I need to hold myself responsible. Going into the medical field and what I have learned in this semester will definitely help motivate me to continue with a lifelong wellness plan.
4. General ideas for improving this course?
The class was great. I enjoyed the people and Nancy, the instructor. My only complaint was confusion with the syllabus. It does not seem to be updated and it has assignments posted that are not even included in the class now. Many fellow students seemed to share my confusion.