

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?
I learned so much about lifelong wellness! I already knew a lot concerning, health and fitness because I have taken many classes previously about these topics. However, I learned many fascinating details and facts I have never heard before. I learned a lot about the different body types people have and how everyone's genetic differences plays a role in how they should exercise and what their body will do with the food they eat. I learned a lot of good lifting techniques and different types of exercise that people will do.
2. How would you apply this information to your life?
I love to exercise! So it will be very easy and exciting for me to apply everything I have learned in this class. I am going to incorporate some new fitness workouts into my exercise routine, and write them down so I don't forget them. Some of these were the Ta-Bata workout, Metabolic workouts, and Kettlebell workouts. After class everyday I would write down a lot of the stuff we had discussed in class that day. I am so glad I did that, because now I can look back and apply it to others in my career field.
3. What is your intention to continue to practice what you have learned in your life and why?
My reason for taking this class was to grow closer to what I want to become in the career field; a Personal Trainer and Fitness Instructor. This gives me all the intention in the world to keep practicing. If I did not practice what I learned in this class, I would not succeed. I plan on practicing daily, because I want to be able to achieve my goals in the career field.
4. General ideas for improving this course?
I cannot think of any one thing that I think needs to be improved on. I simply loved the class! I would however liked to have a little more cardio in some of the workouts. In some of the workouts but not many, I didn't feel like my heart rate got up much. I also would have loved to do more of the Kettle Bell workouts, those were fun!