

### **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?  
If you begin with good health it will be easier to maintain good health. Maintaining good health is actually quite easy, it's not as hard of a transition as the hype has created for it. If you just pay attention to what you are eating you can keep the junk food at bay. It's many small things that you can change in your life to get on a path to well being. It has made me very conscious of what I eat and to pay attention to what I eat. I feel better wellness wise because of this class.
2. How would you apply this information to your life?  
This is great information that everyone should use in their lives fit or not. The information that I have received from this course will greatly help me improve my life physically and mentally. I am more conscious of the decisions that I make, I strive to make active decisions in my life and this course helps me with those decisions. The text is a great reference tool for fit text, statistics and optimal health percentages which will definitely be used as I reach my goal toward optimal health.
3. What is your intention to continue to exercise in your life and why?  
I have a strong motivation to continue to exercise far after this class. I have found the motivation to continue to improve my health, not only in exercise but in diet. I am ready to feel good, I am ready to achieve optimal health in every aspect. I am excited to continue to exercise and achieve my short and long term goals. Which now that I have set them to realistic standards I have and are close to achieving them. I have full intentions of continuing the road to good health.
4. General ideas for improving this course?  
This is a good course except that there is no interaction with the students. I think that you could try doing group discussions, you pick the topic or question and have students answer and reply to others comments. This would be a great way to engage your students in the course and to help them get to know each other. This would vamp the online class in such a way that it would be similar to that of a physical class. It would push your students understanding and they could ask questions and help other students answer their questions.