

Tracie Harrison
Name

HLAC 1096-
Course

26-Nov-13
Date

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?
I learned that lifelong "wellness" is not only a balance of diet, stress management and exercise, but also a balance of the type of exercise. Between cardio, resistance weight training and stretching one can achieve a well rounded exercise routine. It takes planning to stay on track in both diet and exercise and knowing backtracking will occur, but is no reason to stop a wellness routine.
2. How would you apply this information to your life?
Diet, fitness and stress management play such a large role in your overall health. As we see health care costs rise a lot due to controllable and preventable diseases, it only makes sense to look at the larger picture on how we treat our bodies. Keeping this in mind to develop an overall lifestyle change can improve one's health. Currently I plan to continue my new plant based diet and incorporate more of a balanced exercise plan.
3. What is your intention to continue to exercise in your life and why?
I hope to continue with my plant based dietary change, in addition to improving my exercise routine while incorporating a stress management plan of yoga or pilates. I plan to use a balanced approach to an overall wellness plan and to track and keep myself accountable by setting further goals. I believe that by using the skills I have learned in this course I will have the ability to live a healthy prolonged lifestyle.
4. General ideas for improving this course?
I feel I started off with a desire to make a health change, however with the limited accountability I fell off track many times. My six week exercise plan took the whole quarter as one week there was no tracking and then back on track the next week. I may be better to have a weekly accounting sent in to an instructor with an online class, I believe this would keep motivation high. Overall this is a great course the textbook was informative and the activities were just enough.