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Name

HLAC-1035-008  
Course Prefix - Number - Section

12/3/11  
Date

### **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 a lot about my body the most from this class. When I started this class I was about 10 pounds heavier than I am now. I didn't notice much of a difference at first and then my jeans started feeling looser. I went to the store and tried on pants and realized I was losing weight. I really was seeing results. I learned that it does take effort to see results and improvement. Even at only twice a week for fifty minutes each day I saw huge results. While having fun doing it. I now know I can see results doing exercise that I enjoy not just the standard methods used.

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

I will continue to apply this information into my life by continuing in the future by remembering my experience with this class. I will think of the inch I lost in my hips and the inches lost in my waist making me look so much better. Not to mention how much I loved doing it. Dancing is in my blood so I really had the time of my life in this class.

3. What is your intention to continue to practice what you have learned in your life and why?

I have already looked into several classes and prices in my area. Before Zumba I had a hard time finding the motivation to even go to the gym. Now I am excited to go to Zumba and I feel so good when I do. I have more energy and it is really fun to do. I feel I need something I like to be motivated to stay healthy and I love to dance helps a lot.

4. General ideas for improving this course?

I do not have any ideas for improving the course. I think it was awesome. My teacher was prepared and had fun teaching us. It was fun and very easy. Something I feel anyone can do and see results.