

JSG  
Name

HLAC--1035--012  
Course Prefix --Number--Section

2-Dec-13  
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 many things about "lifelong wellness" from taking this Zumba class. Some of them are: the benefits of a consistent exercise routine, the benefits of doing Zumba, and more details about the Five fitness classes. I learned that if I am consistent with a good exercise program, I will strengthen my heart, I will improve my circulation, I will reduce my body fat, and have an overall more positive view on my body and less stress among many other benefits. I also learned that it is rewarding to set goals and to achieve them to see positive results.

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

I would apply the information to my life by understanding that "lifelong wellness" is making sure that I will always strive to have an exercise routine and focus on healthy eating. Taking what I learned from this Zumba class, it will help me know that I can participate in other Zumba classes across the Valley, and have confidence that I know all of the basic steps to Zumba and know the benefits of exercise. I also know that I can participate in the other fitness class groups too.

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

My intention is to continue to maintain an exercise program and work out at least 3 days a week. I know that doing this I will benefit from all of the positive outcomes from exercising, and that I will decrease the chance of having health problems that come from not living an active life style. I want to make sure I can do everything I can to prevent unnecessary diseases, and problems to my body and health. Life is always better when an active lifestyle is achieved.

4. General ideas for improving this course?

One thing that would help with improving this course is a hand out added at the beginning of the semester that breaks down the basic dances in Zumba with their basic steps. This will help throughout the course to be able to not only visually see and memorize the moves, but to also have a study guide to help aid in memorizing. Also, it would be fun to have special guests a few times a semester to show different routine styles of Zumba.