

McKell Hadlock Course:Aerobics II/Spinning (LW)

Date:November 18, 2011

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 have learned that it does not matter how big the goal is that you want to reach, you can eventually get to that goal by making smaller goals. I have learned not only in this class, but in exercising and eating better in general that the more you take care of yourself, the better you feel. Your body functions better. I have felt younger than I have in the last couple of years, between losing weight, eating right, and regular exercise. I would even feel confident enough to say that I feel better now than I ever have.

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

The class has certainly pushed me to do things that I did not think I could do; it has given me motivation to work toward things that can sometimes seem impossible. I can apply exercise to really any aspect of my life. The harder you work towards something, the better you get; that can help in any part of life. For instance, it helps in other classes, such as math. Math has always been a struggle for me, but this semester, I have taken the time to apply myself, listen carefully, and do the very best that I can. That is all we really can do in this life, is the very best we can, giving our full effort and we will eventually get through it all. This class has also helped me to let go of emotional frustrations better. When I am exercising, I feel like it is just me, my heart rate, and the bike, and I do not have to think about anything else that might otherwise be stressing me out.

3. What is your intention to continue to exercise in your life and why?

I definitely plan on continuing to cycle. I have thoroughly enjoyed the kind of rush I get everytime I have exercised in the class. I have not yet cycled out on the road, but I plan to. I have been cycling at home on a trainer for over a year and think I now feel comfortable enough to cycle in public rides. My husband and I are planning on cycling the Salt Lake Century together in the spring. I am really looking forward to this opportunity. I love exercising and it has really changed my outlook on life. I did not have the motivation to exercise regularly before I got married, but once my husband introduced me to cycling, it became a passion of mine, and I have since lost 29 pounds. Exercising makes me feel good not only about myself, but it seems that my body functions so much better when I am regularly exercising. I plan on cycling for the rest of my life, (or at least as long as my body will allow me to.)

4. General ideas for improving this course?

I have loved this class. I think that the course is at its best now. I do not think that it needs any improvements. Nate has been a great instructor; lots of energy and optimism. We need more people like Nate in fitness type classes. Nate pushed us to go where maybe we were not certain that we could go, but he was not mean or condescending in doing so. If anything, he kept telling us that we could do it, and by the end of the workout, we had all done okay, and had all been able to keep up.