

HLA - Lifelong Wellness Application/Reflection Paper

Name Annette Boyd Course Bowling I
HLAC - 1145 - 009
Date 11-19-14

Write a **paragraph** (at least four sentences) on questions 1 – 3 (question 4 is optional):

1. What did you learn about "lifelong wellness" from taking this course?

Exercise or physical activity is important, no matter what kind it is. Bowling for 2 hrs straight is great exercise. I enjoyed. and joined a league because of this class

2. How has learning about and applying "lifelong wellness" concepts impacted your life (home, school, work, etc.)?

I feel better when I do some form of exercise everyday. I also sleep better and just enjoy life better. It has made my husband exercise more as well.

3. Discuss specific lifelong wellness concepts learned in this course and how you are going to implement them in your life?

Eat right and take care of your body and you will live longer. I personally got better sleep because I was exercising more.

4. General ideas for improving this course?

N/A This class was a blast. Dan is Awesome!