

## HLAC 1080- 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?

This semester in HCLA 1080 mostly I learned the proper techniques to perform a few exercises I have never quite tried, or was not comfortable with before. I mainly focused on the dead lift, the squat, power clean and the snatch. Over the course of this semester my technique and form greatly improved for each exercise. I also learned that to improve in a lot of the different lifts you must strengthen your core. Therefore during the semester I devoted more time to my core compared to my past routines. So the previous things I mentioned helped me realize that it is key to have someone correct you in the beginning stages of learning a new technique, because without it the pursuit for lifelong wellness can be stopped by an injury.

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

To apply this information in my life I would start focusing more in how I am performing an exercise, rather than how much weight is being used, because as your technique improves, in the long run it will help you achieve better results such as more weight per repetition, and less risk of injury. I would also use a routine schedule more often to keep my workout more organized, and to help keep track of my progress. I definitely learned the importance of working your whole body to maintain a proper balance (i.e. specially now that I have seen how my posture has improved more)

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

My intentions to continue exercising in my life are very serious. I decided that I want to maintain weightlifting as part of my weekly routine for as long as I am able to do it. Once you feel and see results of being more fit, it drives me to maintain that. It's good to know you are in shape and have the confidence that if some unexpected activity arises, I am fit enough that I can go ahead and try it. Being fit has allowed me to enjoy the outdoors more since I have more energy to do such activities. Another great motivator would be to lessen or eliminate the risk of preventable diseases like diabetes, stroke, muscle imbalances, hypertension and so on. Also I can include the desire to maintain and improve physical appearance, which has been shown to be linked with self confidence and a better perception of ones self,

4. General ideas for improving this course?

I think this course is all about the visual aspect. So by having in class demonstrations would help reduce fear or demystify weightlifting for some people. Or another option as well could be having two or three books in the weight room for quick reference which would be very helpful when in doubt.

I think that having an instructor review your technique more often would be beneficial.