

LIFETIME WELLNESS APPLICATION PAPER

Write a paragraph on each of the following 4 questions. (Question 4 is optional)

1. What did you learn about lifetime wellness from taking this class?

I was never a fan of gym classes because of the way that it was formatted in high school where I had to run the mile and do a certain amount of sit-ups in order to earn credit. I always associated exercising with running miles because of my previous gym classes in high school, causing me to not want to exercise. Zumba was a great change from just running, and it taught me that there are a lot of fun things I can do that is considered exercising. I also learned a lot about what zumba tries to accomplish and I plan on taking another zumba class.

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

I always felt sluggish when I wake up in the morning, but by taking zumba at 8 AM, I ended up having a lot more energy throughout my day compared to when I didn't participate in any physical activity. This class helped me to start off my day by exercising in forms that I enjoy and want to continue doing. I was never as interested in looking for other physical activities that I could try out and see if I enjoyed until I took this course because I had always associated exercising with just running. I had the opportunity to try out new sports as well as revisiting previous ones throughout this summer because I wanted to find fun ways of exercising that would motivate me to keep staying physically active.

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

Taking zumba this summer was my first step to wanting to start exercising more consistently. I have never been overweight and have always been petite. However, I lost a lot of weight during high school because of stress and it only got worse when I started college. My day consists of studying and squeezing in meals when I am able to. Although I am a petite person, I don't consider myself to be healthy. I sometimes have heart pains and easily get light headed because I have anemia, and I knew I had to change my lifestyle in order for my health to get better. Exercising never appealed to me, but after taking zumba and really loving this form of exercising, I have explored different physical activities during the summer time that I

have really loved. Making sure that I am healthy is already motivation enough for me to continue exercising, but finding physical activities that I love to makes staying active more enjoyable.

4. General ideas for improving this course?

I loved every second of this class and I really appreciated that the instructor was nothing but encouraging. I had never taken a zumba class before and lifting weights was never easy for me, but the instructor really allowed me to take everything at my own pace, and that really distinguished this class from every other exercising class that I've ever taken. Two hours seemed long, but I thought the instructor used the time very well to dance as well as lifting weights. I only wished that there was more opportunities to learn more dances, but the short time frame of the summer semester really restricted that from being possible. Overall, this was a great class and I think the key reason I loved this class so much was because of how energetic and fun the instructor was. Her personality really made the class more enjoyable.