

Yennhi Nguyen
HLAC 1035 – 002
Overall Assessment

I set goals that I knew I could realistically accomplish and I also selected them based off of what I really wanted to accomplish for this summer. Getting more sleep has always been a goal I try to work on, but with how busy I am, it was really difficult for me to achieve this goal. However, I did a lot better on my other four goals because I had a set plan as to how to achieve those goals. Although coming up with five goals felt like a lot at the beginning, I was actually really satisfied with the results of being able to achieve most of my goals.

I have always been school driven and have not taken any classes that was as relaxing as zumba. This class was a huge change from the rigorous school schedule that I have been doing for the past few years. Although I still don't enjoy doing weights, dancing has become really fun for me. The atmosphere that the instructor created every week made a huge impact on how fun the class was to me and I enjoyed coming every week because of this.

There are a lot of aspects of this class that I love and it was a great first experience of zumba for me. I knew that signing up for zumba meant that I would have to dance, and that was out of my comfort zone. However, I really wanted to give this course a try because of all of the positive reviews that it got from my friends and classmates. I have never taken any classes that came remotely close to dancing before, but I learned a lot of different dance moves and how something as simple as moving my hands more gives me a bigger workout compared to when I leave them along my sides.

I felt really awkward and uncoordinated during the first few weeks of class, but the instructor was nothing but encouraging and I came to really love the class. Doing weights was my least favorite part of the class, but I did love the feeling of getting in a good workout when I did them. There was always upbeat music that made the whole process more enjoyable and not tedious. I really liked that we didn't do the same things every week and that the instructor added in more things that the class could do. I also really loved when the instructor gave health tips and wished that there were a little more of that throughout the semester.

I hope to continue taking zumba classes and to stay active by finding fun physical activities to do. I tested out a lot of different physical activities this summer as one of my goals explained, and racquetball was my favorite sport that I had tried thus far. I plan on being more active and to maintain the goals that I set of being physically active for a minimum of an hour for at least 5/7 days a week.

I know that I enjoy doing some sports and hope that exercising each day before or after school will be a nice stress reliever from all of the studying. Being more physically active will also give me the energy to get through my day and not feel as sluggish. Taking zumba gave me the realization that exercising really can be fun and I know that even after this summer is over, I still plan on being physically active and to keep maintaining a good healthy life.