

Final Reflection

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HLAC-1080

- 1. What connections have you had from what you've studied in this LW course with what you've learned from other courses you have taken at SLCC or have learned before taking this class? Make specific references to your work in this class and in other courses. How did what you learned in other courses enhance what you learned here, and vice versa?**

I am interested in bodybuilding so I took this class to learn new workouts and to correct my form, but bodybuilding is also about how you eat when you aren't working out, I learned a lot about how I should be eating in my nutrition class. With these two classes combined I know what I should be doing in the gym, and what I should be eating when I'm outside of the gym. For example, in the LW class I learned some new back and shoulder workouts that I like to do, and I learned in my nutrition class how much protein, calories, and carbs I should be eating to promote muscle growth. I learned what I should be eating in my nutrition class so I can gain muscle in the LW class. Vice versa, I learned what workouts work well for me and I can gain that muscle by eating appropriately.

- 2. Reflect on what you thought about fitness and lifelong wellness before you took this course and how you think about it now that you have completed the course. Have any of your assumptions or understandings changed? Why? What assignments/activities/readings were influential in this process? How will you approach what influenced you differently in the future?**

I thought fitness and lifelong wellness is very important to your lifestyle, and my thoughts on fitness and lifelong wellness currently stands the same from before I started this course, I still think living a healthy lifestyle is important to your overall physical well-being and emotional well-being. Some of the articles I've read during this course stated that emotional health can be linked to physical health. In the future I will keep this mindset and keep going with my weight lifting journey.