Inheritance is when a class is created as a copy of another class, and is additionally given some of its own characteristics. This is good when the program needs several classes that do some of the same things, because simply copy-pasting code to several places makes changing that code very difficult and prone to error. It also looks dumb.

In this assignment, the activity class was used as a template for the three activity classes we needed to write. In my case, the activity class encompassed most of the functionality of any class derived from it, with only the Run method in each one being markedly different.

public class BreathingActivity : Activity

{

    public BreathingActivity(string name, string description, List<int> durationOptions)

    : base (name, description, durationOptions)

    {

    }

    public void Run()

    {

        if (Initialize())

        {

            Wait("Prepare to begin breathing", 5, true);

            while (DateTime.Now <= \_endTime)

            {

                Wait($"Breathe in...", 5, true);

                Wait($"Breathe out...", 5, true);

            }

            endMessage();

        }

    }

}