

Name Jerrad Sroufe Course HLAC-1013

Date 4/21/17

HLAC - 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?

I learned many new exercises and stretches in this class. I learned how they help my body and how to do them safely. I also learned that how much fun these exercises can be.

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

If I didn't know how fun it was, I probably wouldn't do them ever again. If I didn't know how to do them, I couldn't do them in the first place. And if I didn't know how to do them safely, I'd wind up hurting myself.

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

I intend to continue exercising. It is essential for many reasons, including general health, and my recovery. And it's a lot of fun, too.

4. General ideas for improving this course?

Some ways to improve this course would be

- 1) More than one day a week.
- 2) More core strength training
- 3) Maybe a podium to demonstrate on? Sometimes in the early classes it's hard to see what the teacher is doing.