
ASSIGNMENT 3

NAME: Zach Ritter

Date: 12/5/19

GENERAL INSTRUCTIONS

- Be sure to read **ALL** the instructions carefully.
 - Be sure to respond to all questions with **thorough, detailed answers**.
 - Submit this assignment on Canvas. **AS A PDF**
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Assignment 3 CHECKLIST

	REQUIREMENT	POINTS
1	Wellness Activity	/36
2	Personal Fitness Data Sheet	/2
3	Discussion Questions	/16
	TOTAL SCORE	/54

WELLNESS ACTIVITY (36 POINTS)

DIRECTIONS:

Select **ONE ACTIVITY FROM EACH** from **6 of the 9 wellness dimensions** to complete this semester. Each activity you choose **MUST** be something you have **NEVER** done before. Check the activity off the list. You may perform an activity not listed, but you must specify what it is in the “Other” category. Take note that the dimensions do overlap, but you must do a total of **6 different** activities (1 for each of the 6 dimensions). Immediately after you have completed each activity, write a reaction to the experience in the space provided.

<u>DIMENSION</u>	<u>GRADE</u>
PHYSICAL	/ 6
EMOTIONAL	/ 6
INTELLECTUAL	/ 6
INTERPERSONAL	/ 6
CULTURAL	/ 6
SPIRITUAL	/ 6
ENVIRONMENTAL	/ 6
FINANCIAL	/ 6
OCCUPATIONAL	/ 6
TOTAL	<u> /36 </u>

Remember you can omit 3 dimensions. Only 6 wellness dimension activities are required for full credit.

1. PHYSICAL DIMENSION**DATE OF COMPLETION:** 11/19/19

- X 1. Eat 2-4 fruit servings and 3-5 vegetable servings in one day.
____ 2. Try one new physical activity.
____ 3. Wear a seat belt while riding in and/or driving a car.
____ 4. Eat fewer sweets than usual one day.
____ 5. Drink 12 glasses of water in one day.
____ 6. Consume no more than one alcoholic drink for a full week.
____ 7. Get 8 hours of sleep.
____ 8. Get a physical or dental check-up (including blood pressure and cholesterol checks)
____ 9. Perform a self-exam of breasts or testicles.
____ 10. Other (must specify): _____

REACTION:**1. Describe the activity.**

The activity consisted of me eating 2-4 fruit servings and 3-5 vegetable servings in one day. This was pretty easy because I live in a townhouse and buy my own groceries, so I just loaded up on fruits in veggies when I went the day before and ate the required amount in that time.

2. How did you feel about trying this new activity?

This wasn't really new because my roommate challenges me to eat lots of fruits and vegetables already. I have never eaten this much, but it felt good to know what I'm putting in my body is beneficial.

3. What did you learn from doing the activity?

Eating healthy not only gives you more energy for the day, but it also makes you feel mentally healthy.

4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

Overall, this wellness dimension did change significantly due to my roommate and I going to the grocery store. Every time I would go to the grocery store after time, I made sure that I went to the produce department and got the necessarily fruits and vegetables for my diet. Also, I started to do more cardio over the semester, and I've been eating vitamin C and B12 every morning.

2. SOCIAL DIMENSION

DATE OF COMPLETION: 9/18/19

- _____ 1. When talking to a friend, perform active listening by rephrasing the ideas for clarification.
- _____ 2. Go out dancing with friends.
- _____ 3. Exhibit fairness, justice, and concern in dealing with a person and/or situation.
- _____ 4. Call a friend or family member that you have not talked to in at least 6 months.
- _____ 5. Join a new recreational or university club.
- _____ 6. Introduce yourself to one new person.
- _____ 7. Get involved in a new campus activity.
- _____ 8. Go to lunch or dinner with a new friend.
- X 9. Start a weekly group outing with friends, roommates, or classmates.
- _____ 10. Other (must specify): _____

REACTION:

1. Describe the activity.

Every week, my roommates and I go play poker with a group of people and socialize on one day of the week. It's a super fun and a great social outing.

2. How did you feel about trying this new activity?

I didn't know poker before, so my bank account took a hit, but the game brought me closer to a new group of friends who were interested in the great game of poker.

3. What did you learn from doing the activity?

That it doesn't matter how much money you have, if you have a great time at a social outing, then it's worth it. Happiness is key.

4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

This semester was huge for me, and I believe I came a long way socially. I took many chances meeting new people and I am glad I did. This semester has also seen me grow closer to people I never thought I'd be close with. Being a sophomore has let me extend out of my shell.

3. SPIRITUAL DIMENSION

DATE OF COMPLETION:

- _____ 1. Perform meditation, deep breathing, or yoga.
- _____ 2. Participate in an environmental clean-up project.
- _____ 3. Go for a walk in nature.
- _____ 4. Write and personally reflect in a journal every day for a week.
- _____ 5. Read something spiritual and discuss it with a friend or family member.
- _____ 6. Share your personal values and beliefs with a friend, colleague, or family member.
- _____ 7. Attend a church service.
- _____ 8. Pray.
- _____ 9. Sit alone and listen to some music.
- _____ 10. Contribute time and/or money to a community project.
- _____ 11. Other (must specify): _____

REACTION:

1. Describe the activity.
2. How did you feel about trying this new activity?
3. What did you learn from doing the activity?
4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

4. EMOTIONAL DIMENSION

DATE OF COMPLETION: 10/16/19

- _____ 1. Make a list of all the things that make you angry and brainstorm ways to deal with them.
- _____ 2. Make a list of all the things that make you stressed and brainstorm ways to deal with them.
- _____ 3. List 5 positive things in your life right now.
- _____ 4. Express your emotions and feelings to someone openly and honestly.
- _____ 5. Change the way you think about something that has been worrying you.
- _____ 6. Find a solution to a problem that has been bothering you for a while.
- _____ 7. For one full day, laugh as much as possible.
- _____ 8. Write down all your thoughts and feelings about a personal relationship with someone.
- X 9. Discuss an on-going problem with someone close to you.
- _____ 10. Other (must specify): _____

REACTION:

1. Describe the activity.

This activity dealt with me talking to roommate about personal things in my life.

2. How did you feel about trying this new activity?

I felt great, my roommate is a super compassionate person, so it was easy to open up to him and get the advice I needed. After, I felt amazing about my outlook on my future.

3. What did you learn from doing the activity?

I really learned that I have people in my corner. There are people out there that can give me the advice I need, and this is a great boost for my emotional confidence.

4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

This wellness dimension did change. As the semester went on, my emotional confidence gained. I was able to open up to people I wouldn't have thought I would, and this helped me in the long run. I feel more in touch with my emotion, and I don't shy away from my own thoughts.

5. INTELLECTUAL DIMENSION

DATE OF COMPLETION: 11/22/19

- _____ 1. Read the newspaper one day.
- _____ 2. Learn about something new that is currently not in your area of study.
- _____ 3. Find a web site about a topic you are interested in and read about it.
- _____ 4. Complete a KIN 100 assignment one week before it is due!

- _____ 5. Ask a grandparent or older individual about something they lived through.
- _____ 6. Learn one new fact about the universe.
- _____ 7. Attend a lecture on something new.
- X 8. Read a book for pleasure (not school).
- _____ 9. Watch a show on the Discovery or History Channel.
- _____ 10. Other (must specify): _____

REACTION:

1. Describe the activity.

I read a book called "Thinking in Bets" about how decisions play out in real life.

2. How did you feel about trying this new activity?

It felt good, and I plan on doing this more often. Just sitting down and reading a book is more relaxing than I thought.

3. What did you learn from doing the activity?

I learned that doing very simple things as reading a book can expand your mind and relax you. If we just get off our phones for a little and read a book, it can do a lot for our mental.

4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

This dimension changed drastically, as I was challenged a lot this semester intellectually. My MATH 236 class really tested me, and I feel like I can handle a lot more because of the mass amount of credits I took. Taking 19 credits was not easy, but it made me better.

6. ENVIRONMENTAL DIMENSION

DATE OF COMPLETION: 11/13/19

- _____ 1. Wear sunscreen for one day.
- _____ 2. Take aluminum cans, newspaper, or office paper to be recycled.
- _____ 3. Learn two news facts about hybrid vehicles.
- _____ 4. Go to www.epa.gov and pick one topic on the site to learn about.
- _____ 5. If you are a smoker, do not smoke for one day.
- _____ 6. Pick up litter from campus or apartment and properly dispose of it.
- _____ 7. Commute to campus by foot or bike instead of drive.
- X 8. Carpool to campus with friends instead of driving separately.
- _____ 9. Other (must specify): _____

REACTION:

1. Describe the activity.

My friends and I carpoled to campus one day to study because we all lived near each other.

2. How did you feel about trying this new activity?

I'm not sure if we felt like we were changing the world, but carpooling is a small step that goes a long way. I love driving with my friends so that was fun, and it felt pretty good to save the gas and the environment.

3. What did you learn from doing the activity?

I learned that small things can really make a difference in the environment and the bank account.

4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

This wellness dimension hasn't changed much. I think this is because I really haven't paid too much attention to the environment, but I can see this change in the future because of the state of the world.

7. CULTURAL DIMENSION**DATE OF COMPLETION:**

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- _____ 1. Create a relationship with someone who was different from you.
 - _____ 2. Maintain and value your own cultural identity.
 - _____ 3. Avoid stereotyping based on ethnicity, gender, religion, or sexual orientation.
 - _____ 4. Other (must specify): _____

REACTION:

- 1. Describe the activity.
- 2. How did you feel about trying this new activity?
- 3. What did you learn from doing the activity?
- 4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

8. FINANCIAL DIMENSION**DATE OF COMPLETION:** 10/24/19

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- _____ 1. Take a financial wellness life skills course on campus.
 - _____ 2. Develop and follow a budget.
 - _____ 3. Avoid debt, especially for unnecessary items.
 - X 4. Save for the future and for emergencies.
 - _____ 5. Read one article in an online finance publication (Money, Forbes, Kiplinger's, Yahoo! Finance)
 - _____ 6. Other (must specify): _____

REACTION:

- 1. Describe the activity.
I set apart 200 dollars to not touch and save for emergency.

- 2. How did you feel about trying this new activity?

I feel pretty secure, and I feel like I made an intelligent decision. Wasting money is common with college students, so saving is very important.

- 3. What did you learn from doing the activity?

I learned that being financially responsible can go a long way. It can relieve financial anxiety. I have had a lot of financial anxiety in my life wondering how I am going to support my future but having a little extra cash to set apart is key.

- 4. OVERALL, how did this entire wellness dimension change (or not change) over the semester? Why?

I'm not sure this dimension changed that much this semester. If anything, I spent a lot more money because I wasn't working. Having 19 credits made it very difficult to have a job. Setting apart a bit of money was crucial, but I am still very low in funds.

9. OCCUPATIONAL DIMENSION**DATE OF COMPLETION:**

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- _____ 1. Build satisfying relationships with your coworkers.
 - _____ 2. Take advantage of an opportunity to learn and be challenged.
 - _____ 3. Other (must specify): _____
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REACTION:

1. Describe the activity.
2. How did you feel about trying this new activity?
3. What did you learn from doing the activity?
4. **OVERALL**, how did this entire wellness dimension change (or not change) over the semester? Why?

Look up PRE-Test scores on your Assignment 1. Fill out entire chart below.

PERSONAL FITNESS DATA SHEET (2 POINTS)

NAME: Zach Ritter

Component of Fitness	PRE-test		POST-test		PRE→POST Change	
	Date: 9/14/19		Date: 11/20/19?		Measurement +X, -X, or same	Rating ↑, ↓, or ↔
	Measurement	Rating	Measurement	Rating		
Cardiorespiratory Endurance						
CR test you selected	1.25 miles	Low zone	1.4 miles	Good zone	+1.15 miles	Up
Body Composition						
BIA	7.3	Below average	8.5	Recommended	+1.2	Up
BMI	20	good	21	normal	+1	Up
Waist-to-Hip Ratio	0.77	healthy	0.8	healthy	+0.03	Up
Muscular Strength						
Leg Press	345	excellent	345	excellent	same	same
Arm Press	170	good	175	good	+5	Up
Muscular Endurance						
90° Push-Ups	32	Fair	35		+3	Up
Curl-Ups	45	Very poor	50	poor	+5	Up
Flexibility						
Sit-and-Reach	28	fair	33	good	+5	Up

DISCUSSION QUESTIONS (16 POINTS)

1. Fitness Changes

How and why did each your fitness components **change (or not change)** over the semester? **For full credit**, each of the 5 fitness components should be included in this response. (10 points)

Each one of my fitness components improved for the most part.

The most drastic increase was in my flexibility. My sit and reach increased by five. The reason my flexibility improved significantly is because of me going to the gym and emphasizing stretching. Many people go to the gym and forget to stretch before and after. This is an essential part to a workout. I would go to the gym with my roommate, and over time saw my flexibility increase. It started with just touching my toes and then reaching beyond that. Everyone has a cap on their flexibility, but practicing can make you go a long way. It is super simple, and there is very minimal pain. Being flexible makes you feel healthy at all times and is a great ego booster. Also, your muscles are more relaxed and ready to go.

My cardio-respiratory fitness also increased. This is due to many different things. Before this semester, I used to just go to the gym in lift. My roommate challenged me to take a day out and do cardio. Because I am so skinny, I thought I should never do cardio, but I knew I was wrong. Cardio comes easy to me because I have a hyperactivity disorder so moving around is what I am just used to. However, doing cardio as a workout can free up your mind and make you feel really good. I thought I would burn off too may calories because I am trying to gain weight but doing a bit of cardio can only help. The 0.15-mile difference goes a long way, and I didn't walk once.

Muscular endurance is a key part of fitness. Everyone wants to go the gym and lift the heaviest weights, but endurance is a key part to any workout or body plan. I have been mostly toned my whole life, so endurance has been my strong suit. Going and doing 20 reps of a certain exercise can be crucial for building your body. Again, I keep talking about my roommate, but he knows a lot about fitness. My roommate also includes a muscular endurance exercise in any workout. My favorite muscular endurance exercise was throwing a medicine ball at a trampoline and then do a squat with it. These exercises can burn, but I definitely saw some increase. I was able to do a bit more pushups, but my leg endurance increased drastically.

My muscular strength saw a slight increase. Muscular strength is the ability to lift a weight once. I am not a big boned person, so muscular strength hasn't been my strong suit. I usually do not focus on the biggest weights, but I tried to pay attention to some of it during the semester. Maxing out on the bench and making improvements always feels good and can give you added confidence. My muscular strength was pretty high for myself at the beginning, and then it lowered. I gained it back at the end of the semester and look to grow from there. Still, a five-pound increase is a step that can propel me forward. Mixing in a day of low reps and high sets can be essential, and I probably did two or three of these days over the course of the semester. Although there wasn't significant increase, I still try to mix in muscular strength in my workout.

My body composition improved. I have always been a frail kid, so even putting on fat for me is a win. I moved into the average zone for BMI and I tried to pack on some pounds. Getting some meat on my bones was important. My waist to hip ratio didn't change to much, so putting on the fat was the biggest change to my body composition. I want to gain more weight and get some good fat. I have been eating a lot of avocados, and avocado toast has quickly become one of my favorite snacks. Recognizing unsaturated and saturated fats in foods is crucial and will be a key factor in my health as I want to gain weight moving forward.

Overall, my health is heading in the right direction. I feel good and taking my vitamin C and B12 has kept me healthy all semester. This is the first semester where I have been completely healthy, and it feels good. I look forward to using what I have learned in this class for my goals in the future.

2. Fitness and Wellness GOALS:

- A. Write two S.M.A.R.T. fitness goals for the next year.
(3 points)

Every week on Wednesday night, I will bike a mile at the gym and meditate for a total of 30 minutes in order to improve mental and cardiovascular health.

I will go to the gym three times a week for an hour in order to improve muscular strength and endurance in my legs, and upper body.

- B. Write two S.M.A.R.T. wellness goals for the next year.
(3 points)

I will read one book every month and I will read for 30 minutes before bed on three days of the week in order to improve my intellectual component.

I will set aside 5 percent of all my paychecks in 2020 when I work to be more financially responsible and have an emergency savings account.