**HLA - Lifelong Wellness Application/Reflection Paper**

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Date\_\_\_11/20/14\_

Write a **paragraph** (at least four sentences) on questions 1 – 3 (question 4 is optional):

1. What did you learn about “lifelong wellness” from taking this course?

In this course I have learned that daily exercising will help you in the long run with rock climbing. I as went to rocking climbing and I watched older people about 40-60 years of age rock climb with no issues; this has made me realize how important it is to build muscle and exercise daily. The first time I rock climbed in this class I had no upper body strength and I felt like a weakling. I have learned that having a healthy life style helps out with having the energy and strength to rock climb. Rock climbing has made me appreciate how much water I need to drink on a regular basis.

1. How has learning about and applying “lifelong wellness” concepts impacted your life (home, school, work, etc.)?

As I learned about lifelong wellness I got to learn that eating better or healthier can have a dramatic affect. Since I started rock climbing I would eat a more fibered and protein lunch than I usually did. Eating plays a huge role in my life as well as in having that certain energy to use during rock climbing. I have learned that water is a necessity in my life, school and at home. Taking rock climbing has helped me in getting use to drinking more water every day. Now I always have a water bottle with me everywhere I go and at whatever I do.

1. Discuss specific lifelong wellness concepts learned in this course and how you are going to implement them in your life?

One concept that I learned was having the life style of daily exercise can help a person dramatically. I plan on exercising daily and trying out a new sport every time. I plan on eating more foods that are in high protein and fiber. I also plan on trying a different workout every day. I will use the concepts I’ve learned in this class and start writing out my daily eat clean and workout daily tasks.

1. General ideas for improving this course?

I think you could improve this course by talking about eating healthier foods before class and after class will give a person the energy of accomplishing more. Overall, I absolutely enjoyed this class and I recommend others to try it!