Signature Assignment

In this class I have learned a lot and taken a lot of information under consideration. I have learned about what energy powers are good, healthier and which ones contain more sugar. In this class I’ve learned that cardio is important and essential for my body. As I started taking this fitness class I have been making healthy choices in food, body wise, and mind. When I barely enrolled in this fitness class I promised myself that I will work on myself and make progress on my body and mind. When I made this promise to myself and went to this fitness class I have become influenced to do well for my body.

In the beginning of this fitness class I got to write down a few goals for myself that I wanted to accomplish. The three goals were/are: to every exercise every day, drink water every day and just water, and to be positive mentally and psychically. Since I’ve been in this class I’ve taken my goals personally and have tried my best to keep up with them. The more I noticed my results the less I craved sugars and junk food. In my perspective I believe that I have progressed in my goals and I’m thriving to get better every day. I have met my goals because I took it one step at a time, changed my habits little by little and included exercise as an essential to my day.

In my first goal about exercising every day I have made a decision in getting a gym membership at VASA and going to work out every day. I do my best to go to the gym every day for at least an hour.

I’ve decided to get a gym membership and be paying for it each month for that it’s worth my time and money to become a better version of myself. I have learned that if I try to go to gym whether I like it or not it’s my health that matters in the long run. I made a plan for myself to go to the gym three times a week. I feel so much better now than before when I didn’t exercise as much. Over the semester I have learned what to eat before and after a workout. I have learned that it’s better to do a change of workouts than the same workout every day for the same muscles.

In my second and third goals are to drink water every day and to be positive mentally and psychically. I have learned from my fitness class that drinking plenty of water is required. I have learned that I need to drink about eight glasses of water every day. I have been doing my best in drinking a lot of water. I have let water be my only liquid choice. By taking this fitness class I am more positive about exercising and feeding my body well. Throughout this semester I have learned to eat smaller portions, more protein, and more veggies.

The first fitness test that I had taken was in the beginning of the semester. These were my results: twenty-four pushups, twenty sit ups, and a two minute wall sit. My heart rate was one hundred and ten. The measurements for my hips/waist was thirty-seven for waist and forty for my hips. The second fitness test I took my results were different in a good way. My heart rate was ninety, thirty-five pushups, thirty sit ups, and a two minute plus thirty second wall sit. My new hip/waist measurements are: thirty for waist and forty for my hips.