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Name		Course		Date	
<b><u>HLAC - Lifelong Wellness Application Paper</u></b>					
Write a <b>paragraph</b> on <b>each</b> of the following:					
1. What did you learn about "lifelong wellness" from taking this activity class?					
	<p>I learned that it is very important to be healthy and maintain a health life style as I grow older. If you exericsce regularly and eat healthy you will have substuanually less health related problems in life. This class has helped motivate me to get into shape and to stay in shape. My father is type 2 diabetic and through this class I have seen ways that he could have helped prevent it and it has helped teach me ways that I will prevent this disease in myself. I love exercising and being in shape there is no better feeling.</p>				
2. How would you apply this information to your life?					
	<p>I will use this information to stay in shape. I will use this information to motivate me to wake up and exercise each morning instead of sleeping in or being a couch potato. I want be an active adult for the rest of my life. I want to always be able to go on that hike or to always run with my kids which is a luxury that I did not have with my parents.</p>				
3. What is your intention to continue to exercise in your life and why?					
	<p>I will continue to exercise and to eat right for the rest of my life. I want to be a healthy adult that does not have to worry about my health. I work in a pharmacy and everyday I see people that could change their lives by exercising or by eating right but instead they choose to compinsate with medication. I want to be as healthy as I can possibly be and before going on that medication I want to know that I did everything I could to prevent it . My grandpa always says, "If I could go back in time I would have taken alot better care of my body." I want to take my grandpas advice because I want to be an active and healthy senior citizen.</p>				
4. General ideas for improving this course?					

	<p>I did not love this online program that we are using but it could be because I am used to black board vista. Other than that I loved this coarse. I fill like this course is laid out well and I like that the chapters are grouped in to modules so that you feel like you are doing one peice of the puzzel at a time. I have really enjoyed this class and I am sad to be done with it.</p>	
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