

Lifelong Wellness Application Paper

Write a **paragraph** on **each** of the following:

1. What did you learn about "lifelong wellness" from taking this General Education class?
In this course I learned that "lifelong wellness" can be achieved in many ways and should not be confined to a gym. I fulfilled this course by taking Belly Dancing Basics and discovered that dancing is a wonderful way to incorporate daily body movement into my life. I also learned that lifelong wellness includes self confidence and enjoyment, not just cardio and weight loss, which I found Belly Dance encourages.
2. How would you apply this information to your life?
I will apply what I learned about the importance of self confidence and enjoyment in my daily exercise to my own wellness goals. I am not persuaded to use public gyms because they do not offer me any enjoyment. Belly Dance however was very enjoyable and because I was enthusiastic about attending class, I was able to gain the benefits of the core muscle exercise.
3. What is your intention to continue to practice what you have learned in your life and why?
I learned how important it is to simply move one's body every day. This does not mean I need to be a gym rat. It simply means I need to take time to be in my body, focusing on nothing but the movement and activity. This type of focus engenders dedication to lifelong wellness, which is far more important than a temporary infatuation with a weightloss program. I intend to keep fresh the dancing skills I learned in this class and when I am short on other activities will use Belly Dance as an expressive way to express my body.
4. General ideas for improving this course?
For a dance class there should be fewer student seats available. It's hard to move about in the dance room when there are too many dancers and it's equally difficult for the instructor to provide one-on-one attention to the students.