

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?
This class demonstrated to me and taught me that wellness habits can be created and maintained even in short periods, like perhaps going to the driving range during a lunch break from work. Practicing the skills learned in this class is not something you need a special facility to do, they can be practiced in your own backyard, making lifelong wellness within anyone's grasp. I have seen marked improvement in my golf game.
2. How would you apply this information to your life?
In my life and what I call my wellness journey is a plan to apply the knowledge and skills that I have gained from this class by continuing the activities that I have practiced at least once a week to help maintain a healthy lifestyle.
3. What is your intention to continue to practice what you have learned in your life and why?
As I mentioned above I plan to continue practicing my swing and my form at least weekly be it at the range or in my own backyard. Ideally I would like to actually play rounds of golf weekly as well but that may not be possible due to time constraints which is the beauty of being able to practice anywhere.
4. General ideas for improving this course?
I think this course is well designed, with great instructors who teach each individual and work with each individual on what they need most to improve or create their game. Previously in my life I had taken golf lessons but it had been at least a decade since then and this class reminded me a lot of my private golf lessons.