Taylor Cox

HLAC 1130 – Golf 1

1. One of the main things I learned about “lifetime wellness” in this class is that it truly is accessible your entire life. It doesn’t matter that we get older; we always will have the privilege of staying fit in some way. Golf is a great way of getting out and staying active. It’s probably one of the best ways because it is also really fun and challenging. Golf will definitely keep you young!
2. I am able to see the importance in lifelong wellness in my everyday activities because it seems I am better able to focus when I do workout or do something active. I have always been a very active person and strive to work out and keep myself healthy. It really helps you to be much more positive and optimistic in life. You are much more prone to being happy when you are staying active and healthy.
3. My intention to working out and staying fit in life is so I can be healthy. Healthy people as I stated in my last paragraph are much happier. I have been able to see that in my own life and how I feel when I do and don’t work out. Also, staying healthy really helps keep you away from sickness and disease. There are so many illnesses today and staying fit helps keep your immune system strong. Therefore, those are some key reasons why I try to stay healthy.
4. I really don’t have any general ideas for improving this course. It was a lot of fun and I thoroughly enjoyed being able to learn more about golf and play the game.