

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?

I learned the importance of improving my healthy live and wellness. This course helped me compromised my way of applying excersise and discipline.

2. How would you apply this information to your life?

Making sure I do excersise often to have a healthy mind as well as physical endurance.

3. What is your intention to continue to practice what you have learned in your life and why?

Doing something that I enjoyed really helps my emotional and physical endurance. I intend to continue practicing and learning more in the future.

Belly dance is an art of expression.

4. General ideas for improving this course?

Practicing is the key to improve the material learned.