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HLAC - 1057

12/09/21

I attended a Nutrition course early on in my studies at Salt Lake Community College and I noticed a lot of parallels between that course and this yoga course. Most notably, the course content in both courses emphasize the benefits of living an active lifestyle. While it is important to eat a healthy diet, it is still beneficial to be physically active, no matter what eating habits someone might have. It is more important to expend as much, or more, energy than what is added through food. As both courses' content explained, it is recommended, to live a long and healthy life, to perform moderate intensity activity for at least 150 minutes per week. Furthermore, the stress reduction methods and dieting tips that I learned about in my nutrition course enhanced what I learned in yoga. Because the information was very similar in each course, I felt better prepared and confident in retaining the information from my yoga course and being able to apply what I've learned to my daily life.

Prior to taking this course, I had a good idea of the actions I should take to maintain lifelong wellness, thanks to the nutrition course I mentioned earlier. However, I wasn't applying that knowledge in a meaningful way until I started this yoga course. This was a slight surprise however, because I had assumed that the course material might be fairly abstract and less scientific, but I was definitely wrong about that. I realized that there is a lot of evidence to support the ideas presented in the course and I felt confident that I would improve my life if I apply the information to my life. This was a simple task because the in-person classes were very

informative and the instructor demonstrated different variations of activity that could accomplish the same goal. This offered me more freedom to do what worked best for me. This helped me realize that I can adapt and I don't need to get discouraged for looking or performing differently than my peers.

One of my favorite assignments from the course, that encapsulates some of what I've discussed thus far, was from our *Why It Matters* module. The assignment is titled, "Decisional Balance Worksheet" where I wrote down an activity that I planned to incorporate into my routine. It also encouraged me to assess the pros and cons of doing the activity versus not doing the activity. It helped me to realize how willing I was to actually apply the activity to my routine while also helping me set out a clear plan for implementing the activity. It also helped me to create a method for assessing how prepared and confident I am in making any multitude of decisions, from workout routines, to which course to take next semester, etc. I have added this assignment to the following page for reference. But I have also copied my favorite discussion post from the semester that describes what I plan to take away from the course.

Most of all, I feel inspired to set an intention each day. Doing so this semester has improved my mood and confidence in many different aspects of my life and I expect to continue it long after this course is over. I also want to apply a yoga routine into my day, or at least throughout each week. I have felt so much better, physically, than I had before taking the course and I want to maintain that added comfort and flexibility that I've gained from this course.

I'm grateful for taking this course because it made my life much more peaceful and less stressful throughout the semester, and I learned a lot more (about myself) than simply some new stretches. Thank you!

Decisional Balance Worksheet

Goal: Use Elliptical for 1 hour, 3 days per week.

Not Changing Behavior	Changing Behavior
What is something good that could come from not taking this action? - I could use that hour to watch TV; - I could sleep in longer, instead of waking up to exercise; - I don't have to schedule around the activity.	What is something good that could come from taking this action? - I could feel more accomplished; - I could reduce my depression and anxiety levels; - I could lose unwanted weight; - I could reduce the risk of diabetes and other diseases that come with a sedentary lifestyle; - I could sleep better; - I could improve my memory, lung strength, and heart strength.
What is something bad that could come from not taking this action? - I could continue to gain unwanted weight; - I could be higher risk for disease like diabetes;	What is something bad that could come from taking this action? - I could potentially push myself too much and suffer an injury to my tendons, muscles, or joints.

Readiness to Change: 7 - 8.