Name\_-Hari Subba\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course \_Soccer I (summer)

**Date\_08-06-13**

**HLAC - Lifelong Wellness Application Paper**

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

1. What did you learn about “lifelong wellness” from taking this activity class?

* I learned many things like, Team works, Moring exercise is very helpful and basic foundation of soccer.

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

* Well, as you provably notice that I am a soccer lover. Running a lot, play with team, who are good or bad, its new experience. Exercise makes me healthy and energetic.

1. What is your intention to continue to exercise in your life and why?

* It’s extremely important to exercise in our daily life. Because it makes me get away from sickness and helps me my stamina good in soccer and at the end the hard work always worth it.

1. General ideas for improving this course?

* Obviously, this course is great as it is and Mr. May is awesome and very friendly as a professor of this course. I would suggestion, this course need to teach about basic soccer foundation, which helps people motivate in soccer and other sports. Other then that nothing really, its always fun playing soccer with you and other friendly classmates. “THANK YOU” for everything you do for us.