How has the PE 184 class helped you in regards to your career choice and also helping out in the community?

This class has helped me in numerous ways when it comes to both my career and daily life. I have learned a lot regarding how to be the best fitness instructor I can be to my future students in legal, health, and overall wellness aspects. It has also provided me with the pleasure of volunteering at Coit Elementary School. I have gained so much from the volunteer experience and feel much closer to my community. I feel grateful to be able to be a part of these children's' lives in a positive way. It has endless rewards and has let me realize how important it is to give back to those around you. In all, this class has both assured me of my career choice and inspired me to continue seeking volunteer work.

Why is taking care of your health, fitness and total well-being important?

Taking care of your body is the most important thing you can do for yourself. I believe in order to live a full and happy life, you must take care of yourself through proper nutrition, exercise, and meditation. Through these things you can be assured your body has the right foods, substantial muscle power, and a stress-free mind. When all of those things are in balance, happiness is abundant and you can thoroughly enjoy your life. Health and wellness is something that should be on top of all of our priorities because it benefits you in every other aspect of life, such as family relationships, job performance, and let's not forget the length of your life. I resent the negative connotations that often scare people out of exercise because they think it is "too hard." We're human beings, nothing is too hard for us. Exercise has too many benefits to be ignored as widely as it is, and if people would just take action and actually DO it, they'd realize how great it truly is and how much better they felt. For me, overall well-being is essential to a happy, balanced lifestyle that can be easily reached through nutrition, exercise, and meditation.