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HLAC 1096

Betsy Specketer

7/31/17

### Reflection

1. What connections have you had from what you've studied in Fitness for Life with what you've learned from other courses you have taken at SLCC or have learned before taking this class? Make specific references to your work in this class and in other courses. How did what you learned in other courses enhance what you learned in Fitness for Life, and vice versa?

The only connection I can imagine that correlates with Fitness is sociology. Specifically, fitness as a social problem. It's no question that obesity is epidemic. I believe 1 and 4 people are overweight or have diabetes. In sociology I learned with obesity came eating disorders that cause people to consume hardly any calories that they are starving themselves. A lot of this is because people are scared of being fat and unhealthy, so they do not eat. Continuing, every disorder is different, but the goal is the same to be thin and be beautiful. There is a strong association with BMI and likely to be married. In the end it's not being fat that causes you to be depressed, but rather all the social consequences that come with being fat or overweight.

2. Reflect on what you thought about Fitness and Lifelong Wellness before you took this course and how you think about it now that the course is over. Have any of your assumptions or

understandings changed? Why? What assignments/activities/readings were influential in this process? How will you approach what influenced you differently in the future?

I feel like I always knew how to be fit and do what I need to do to have a healthy life style. However, I lacked motivation and routine. I was also scared because I gained some weight and worried I would be judged. Fortunately, everyone seemed to be going through the same thing I was going through. I learned not to be so hard on myself. I want to really do better in my health because I want to feel better and have a long healthy life because I have a family to take care of. The course has helped me and enforced the tools, but I have to keep going. I may not start out the best, but the goal is the same for everyone.