






Living Wellness Challenge Form

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 Course: **HLAC-1080-402-F18 Strength Training**
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Module 1: Physical Wellness

Instructions: This first week we will focus on writing SMALL goals. Use the template below, pick one goal you would like to work on and write it using the SMALL format in the Response column below. Implement your goal for the week and be prepared to write a brief reflection in next week's assignment.

Acronym	Description	Response
	<p>Self-selected. Your goals should be your own. Choose goals that fit into your life and only change behaviors that you are willing to negotiate. Be realistic.</p>	<p>What do you want to accomplish? I want to eat healthier</p>
	<p>Measurable. Develop a concrete way to track your goal.</p>	<p>How will you know when your goal has been met? There is an app called "Lose It" which helps you track what you've been eating. It tracks calories, carbs, fats, proteins, body measurements, etc. This will allow me to measure what I eat and provide me with an opportunity to reflect back on previous weeks to see if I'm staying on track.</p>
	<p>Action-oriented. Having an action plan allows you to complete the steps needed to make your goals a reality.</p>	<p>What steps are you going to take? Sugar is the biggest factor for me. I only drink roughly 3 sodas a week so to start off, I'm going to cut it to 1 a week and then none. After I'll start doing the same with sweets. I will also start gradually incorporating more vegetables into my meals.</p>
	<p>Life-linked. Goals are best achieved if they work within your lifestyle and match your challenges and strengths.</p>	<p>How does this fit your everyday life? Sugary foods and drinks are not readily available in my life. If I want something like that I would have to make an effort to go to a store to get them. I can start substituting the urge for these drinks with regular water or milk or something like that. Also cooking with more vegetables.</p>
	<p>Long-term. You want to be healthy for life so any changes you consider should be something you could see yourself doing over the long term.</p>	<p>How will you maintain your goal long-term? This is a life I used to live, and I felt very active, healthy and energetic. I see this as a life changing event and I feel committed to these changes.</p>

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Module 2: Exercise

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Exercise 2 times this week. Indicate the exercise you completed, the length of time you spent exercising, and the highest RPE you reached during your workout. (If you forgot what RPE is, go to the Canvas page, "What to Expect With Exercise") Also, If you don't normally exercise, then just start with something small and manageable.

- **Wednesday, September 5, 2018:**
 - I went jogging in the park while pushing my son in his stroller for 30 minutes. The highest RPE I reached was moderate.
- **Friday, September 7, 2018:**
 - I went hiking for 2 hours and the highest RPE I reached was moderate.

or Create Your Own Challenge

Write your own challenge for the week that focuses on exercise. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Physical Wellness challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

Last week I experienced a lot of stress mainly from work and it made it very difficult to focus on my goal. I set a goal to eat healthier and it didn't turn out in my favor. I learned that eating healthier is not about choosing healthier options. I learned that in my case, my unhealthy eating habits are influenced by daily stimulus. I want to continue to focus on eating better but some things that I would want to change would be taking time to lower stress levels by taking breaks, meal planning and making lunch from home instead of eating out for lunch. The biggest obstacle I need to overcome would be focusing on taking the time to make meals at home rather than being lazy and ordering out.

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Module 3: Hydration

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Even though there are several ways to hydrate, let's focus on drinking more water. For this challenge, drink at least 8 oz more water than you normally drink for at least four days. One way to do this would be to substitute out a sugary drink and instead have water. Or you can consider carrying around a bottle of water that you can drink throughout the day. **I normally carry a water bottle around wherever I go anyways so I will continue to do that, but drink more water than I normally do.**

or Create Your Own Challenge

Write your own challenge for the week that focuses on hydration. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Sleep and Recovery challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

The first thing I learned is that running with a stroller is much harder than I thought. That's one thing I probably wouldn't do in the future. Hiking has always been very easy for me because I enjoy getting outdoors and up into the mountains. I think I would continue to hike in the mountains if I were to do this exercise again. The only major obstacle I faced was finding time to complete the exercise.

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Module 4: Nutrition

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Keep track of the food you eat for a day and see what you can substitute out and what you can substitute in. To help you with this, consider downloading a food tracking app like [MyFitnessPal](#). See [this article](#) for more suggestions.

Or

Pick at least three recipes from the *Good and Cheap* recipe book to make and eat.

or Create Your Own Challenge

Write your own challenge for the week that focuses on nutrition. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Hydration challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

I normally carry a water bottle around wherever I go anyways so I will continue to do that. I used to drink a lot more soda and I didn't carry a water bottle wherever I went, and I always felt tired and thirstier. Every since I started cutting back on soda and carrying a water bottle around with me, I've felt much more energetic.

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Module 5: Cardio-Respiratory Health

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Do two brisk walks on two separate days. Each walk should be at least 20 minutes. The goal is to increase your heart rate so that you feel your heart beating a little faster, which also means your breathing will be more labored.

or Create Your Own Challenge

Write your own challenge for the week that focuses on cardio-respiratory health. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Exercise challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

For the previous challenge, I decided to use a food tracking app called Lose It! One thing that astonished me at first was how many carbs, sugars and sodium I was consuming. The amount I was taking in was way over the recommended daily limit for me. I would like to continue using this app because it provides great insight into what I'm putting in my body and I think it would help me overcome my biggest obstacles which is blindly eating food without knowing what exactly is in it.

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Module 6: Muscular Strength and Endurance

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

If you haven't already done so, read over the article [Top 25 At-Home Exercises](#) and choose at least three different exercises to do on two separate days. The exercises you do on the second day should be different from the first day. Do 8-20 reps for each exercise.

or Create Your Own Challenge

Write your own challenge for the week that focuses on muscular strength and endurance. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Cardio-respiratory Health challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

This one was easy for me because I take a walk every day to the park with my family where we walk for at least an hour each time. This is something I am going to continue to do because I think it's good to get out in the fresh air with some light physical activity. There weren't any obstacles I needed to overcome.

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Module 7: Flexibility and Mobility

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Try three stretches from the videos included on the How to Improve Your Flexibility page. Record which stretches you completed and how long you held the stretch. Try holding it so that you feel a *gentle stretch* for at least 20-60 seconds.

Gluteal Stretch: 30 Seconds; Shin Stretch: 30 seconds; Torso Twist and Hip Stretch: 30 seconds.

or Create Your Own Challenge

Write your own challenge for the week that focuses on flexibility and mobility. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Muscular Strength and Endurance challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

On the first day I did Push-ups, Forward Lunge and Bent-Knee Sit-ups/Crunches at 20 reps each. On the second day I did Squat Jumps, Hip Rotations and Glute Activation Lunges. Some of these exercises I have never done before, and it was nice to mix things up a bit. I learned that I'm more interested in working out when I do new exercises. If I did the challenge again, I would probably do more than 3 exercises at a time.

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Module 8: Body Composition

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Using the BMI calculator on smartbmiccalculator.com, calculate your BMI and indicate your health risk.

29; Moderate Risk

or Create Your Own Challenge

Write your own challenge for the week that focuses on body composition. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Flexibility and Mobility challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

This one was easy for me because I stretch often and throughout the day. Although my normal ones are random, and I stretch what feels tight at the moment. It was nice to switch things up for once and do stretches I haven't done before. I think what I would like to continue doing is trying different stretches every once and awhile.

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Module 9: NEAT (Non-Exercise Activity Thermogenesis)

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Since the idea behind NEAT is to find more ways to incorporate movement throughout your day, select one of the three suggested challenges to complete:

- Take the stairs instead of the elevator for at least three days, **or**
- Park in far-away parking spaces so that you walk more for at least three days, **or**

Use a step-counting app or device (like Fitbit) to count and increase your steps for at least three days. You should track your regular steps for one day, then increase your steps by at least 1000 steps for the next two days. (Check out [this article](#) about different apps to use. You may want to specifically look into using [Accupedo](#) or [Pedometer++](#).)

or Create Your Own Challenge

Write your own challenge for the week that focuses on the NEAT principle. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Body Composition challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

I personally do not like BMI. My BMI has always said I was overweight or obese but instead I've had high muscle mass. I used to play football and wrestle and so my BMI has always been high. What I do differently is use a body measurement device that measures body fat percentage, water percentage, lean percentage, etc. I think this is a more accurate depiction of my mass than BMI.

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Module 10: Sleep and Recovery

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Bedtime challenge: Track your sleep times and routines for three days and write what changes you can make to improve your sleep quality and quantity. (For example, you may want to not be on a computer or smartphone in the half-hour before you go to bed.)

Or

Recovery challenge: Use a foam roller (these are available in the LAC gym) or a tennis ball to do myofascial release for at least two days.

or Create Your Own Challenge

Write your own challenge for the week that focuses on sleep and recovery. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the NEAT challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

I decided to park further away from buildings increasing my overall walking distance. At first it was annoying because of how much more time I was spending walking to the store, etc. But I realized it's not that much and eventually got used to it. I now enjoy doing this because the walk also helps clear my mind. The only major obstacle to overcome is the amount of time it takes more to walk further distances than parking closer.

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Module 11: Stress Management

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Choose one of the 4A's (avoid, alter, adapt, or accept) and apply it to a stressful situation you're currently experiencing. Using one of these four principles, write the small change you plan to make to change the way you think about or respond to the situation and then implement it on one day during the week. (See the "Healthy Ways to Manage Your Stress page in Canvas if you forgot what the 4A's are.)

or Create Your Own Challenge

Write your own challenge for the week that focuses on stress management. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Nutrition challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

My phone magically tracks my sleep somehow so this was easy to track. In average, the past week I got about 7 hours of sleep a night. Monday and Tuesday nights are when I get the least amount of sleep because I have class until 10pm at night and then wake up around 4:30am. What this has taught me is that I should schedule my classes a little better for next semester so I don't destroy my sleep two nights in a row. I'm going to keep the sleep tracking feature on my phone so that I can continue to monitor my sleeping habits.

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Module 12: Body Weight and Obesity

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Write a reflection on how you can improve how you view your own and/or others' body weight. In other words, what do you need to take into consideration so that you are less judgmental and more understanding of yourself and/or others?

or Create Your Own Challenge

Write your own challenge for the week that focuses on body weight. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Stress Management challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

One of the most stressful things in my life is finding a new job. I've been trying to find a new job for the past 3 months and haven't found one yet. I decided to alter my approach by learning techniques for job searches and interviewing skills. This actually reduced my stress a lot because I felt more confident when going into interviews and getting interviews by showcasing my skills in my applications and resume. My biggest obstacle that I faced was being ignorant on formatting a resume and structuring the way I presented myself when answering interview questions.

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Module 13: Preventing Chronic Disease

Instructions: First, complete the suggested challenge or create your own challenge. Next, fill out a reflection on the assignment from last week.

Suggested Challenge

Ask a family member about your family's history of diabetes, heart disease, and cancer.

Or

Incorporate one prevention idea that was discussed in the module.

or Create Your Own Challenge

Write your own challenge for the week that focuses on preventing chronic disease. This challenge should be something you'll do on at least two separate days during the week. Be sure to be specific about what you will do.

Reflection from Last Week

In 3-5 sentences, write about your experience with the Body Weight and Obesity challenge from last week. Consider answering some or all of the following questions: How did it feel? What did you learn about yourself? What behaviors do you want to continue? What would you change if you did the challenge again? What obstacles did you need to overcome to complete the challenge?

I think the best way to improve how I think of my body weight and others is realizing that everybody is different and there is no cookie cutter way of what is considered healthy. I've learned that people of all different shapes and sizes have different weight and health requirements tailored to them. It's not all about weight either, other factors must be taken into effect such as height, metabolism, etc.