Tanner Day

11:00 – 12:20

**Lifelong Wellness**

 Golf has always been one of my major interests, but also one of my major frustrations. Before taking this class, it seemed like as soon as I felt confident with my golf game I would always make a fundamental mistake to set me back. I have always loved golfing though and this class has helped me to enjoy the sport even more because of everything that I have learned.

 Throughout this semester, I have acquired the golf skills that I never had before. At first, I was a little resistant to change my swing because it didn’t feel right to me and I wanted to feel comfortable. But once I began to practice the exercises that were being taught I began hitting the ball a lot better. Every day there was a new exercise that we would practice and every exercise helped my golf abilities in one way or another. I have realized that my swing now is a lot different than it was at the beginning of the semester, but it is a lot better. This class has helped my golf game in every aspect.

 In contrast with golf, this class also taught me something about life. By taking this course I have learned to be open to other people’s advice, because I used to think my way was the right way. By seeing the drastic change in my golf game by getting help from somebody of a higher knowledge, I can now apply that to life and have an open outlook on other’s opinions.

 Lastly, what I learned about lifelong wellness is that you don’t need to run 5 miles every day to maintain a healthy body. Twice a week, I found myself working up a sweat at the driving range, hitting multiple buckets of balls. I never thought golf would give me a workout, but taking this course has proved me wrong. Golf is just one of many sports to participate in if you want to be healthy and have lifelong wellness.