

Ana Brown

Jogging Final

### Eportfolio

This semester's jogging class was so helpful and very informative. Not only did I gain a lot of knowledge but I gained a lot of friendships in class and that always made it more enjoyable to come to class. After completing my pre and post assessment I one thing that really took away from the assessment is that no matter how hard I work out, diet is EVERYTHING! I started out the semester eating healthier and making better choices but the issue I have is when I'm under stress I like to eat everything and anything in site. That happened a lot this semester because not only am I a student but I also serve on the Salt Lake Community College Student Association. Spring semester is a really busy one and I had a lot on my plate before, during and still now. So I feel like I started better but didn't end as strong as I wish I did. Some goals for next semester I plan on setting a specific time that I go and work out and actually stick to it. I find myself in my office longer than I had anticipated on and that really affected my fitness goals that I had planned for myself. Another goal that I think would have helped me is possibly looking for a gym off campus. Because I work here at SLCC it is convenient for me to work out here and I knew that. So each day when I would plan I would always say to myself, "Oh I can just work out in like an hour and it's just in the next building over." Obviously that didn't really do any good for me. I learned a lot throughout this semester and one thing that I will implement next semester will be staying consistent with my workouts. Because of my busy schedule, being a mom, working two jobs I get tired real easily and so plenty of times I skipped a day or two of working out. That eventually turned into three days, four days, weeks, months. Each day I would tell myself I will start next Monday and that turned into every Monday which killed me in my fitness goals. Something else that I learned is that a planned out schedule works real good for me. I found myself sticking to my goals and plans when I followed a schedule that tells me

each day and time that I have something to do. I also found that I procrastinate more than I need to on social media. I tried for 1 month to stay off social media and it worked but the next month I just turned into a social media manic! So there was a lot of things I learned this semester from this class and I plan on really setting SMART goals and being more real with myself how the execution part of it. Overall I loved the class and would take it again.