Final Reflection

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Final Reflection

# Part 1

I managed to achieve more than 90 percent of my target goals because they were reasonable. My target goals fulfilled the criteria of SMART goals as they were specific, measurable, achievable, reasonable and time-based. However, lack of adequate focus on cardio made it difficult for me to achieve my goal time that I set for the 1.5-mile run test. It is highly important to take some time for cardio as it increases energy level and durability for an individual to overcome limitations regarding fitness. Regardless of this, I succeeded to accomplish my target goals.

I had to put a significant amount of effort to achieve my target goals. Now, I think that my goals were too easy as I have prepared myself to achieve them. But, it is true that my targets were a bit difficult to achieve. I aimed high to achieve these goals, but I started with small steps. Gradually, I began to increases these steps in order to accomplish my targets. Starting with small steps provide adequate time for a human's body to adapt new changes and modify it according to given resistance. With the passage of time, my body began to modify itself in accordance with each exercise.

If I had more time to accomplish my goals, then I would have focused more on my endurance. I believe that focusing on cardio could have increased my endurance during workouts. I would have increased my endurance my jumping rope, jogging, or through step touches. If I had given more time, then I would definitely do cardio for more than 30 minutes a day to increase my endurance. Moreover, I would also like to enhance my running speed and duration with the help of continuous running and healthy dietary choices.

During the entire journey of exercises and workouts, I stayed consistent as I believe that it is effective in achieving a sound body and sound mind. I expected that these workouts and exercises would increase my energy levels. I also expected that it would remove extra fat from my body and made my belly flat. However, I did not expect them to improve blood circulation. My blood pressure did not show any abnormality after doing these exercises, which was not anticipated by me. Moreover, I feel the urge to increase my diet amount as continuous exercise increase metabolism.

# Part 2

I arrived to take a yoga class along with my friends at around 7 AM. We were very excited as it was our first class regarding yoga. I heard a lot about the physical and mental benefits of yoga, so I wanted to participate in this class. Our instructor was very nice and she guided us about standing yoga poses and twisted poses. We almost spent one-hour doing yoga on a daily basis as our instructor encouraged us to perform at our own level. She encouraged us to try different poses as they were beneficial to enhance our pace towards advanced poses. Overall, it was a pleasant experience to try different poses.

Taking Yoga class was an incredible experience for all of us. During the “lotus position”, I learned how to breathe. Yoga taught me to feel my breath by paying attention to it. During the “lotus position” I learned to control my breath and to modify it to suit my emotional and physical needs. It was a great experience to control my breathing pattern in order to relax my mind and reduce stress levels. My instructor demonstrated the benefit of modifying breathing pattern by an excellent example, “when we are all stressed out, we tend to have quicker and shorter breaths that maintain the stressed level in our body. If we change our breathing pattern, then we can easily get rid of potential anxiety and strain.” Honestly, I tried this technique when I was all stressed up and it helped me to calm myself by reducing stress levels in an effective manner.

Yoga classes helped me a lot to improve breathing pattern and it enhanced my attentiveness. Doing a lotus posture helped me to keep my spine straight. I believe that lotus position is effective it provided me to maintain a sound brain. Twisting poses in yoga are also effective as it increased my muscle strength and tone. I tried to learn some advanced poses such as boat pose, but it was hard for me to stay still in that pose for a longer period. However, my instructor encouraged me that I will be able to perform these advanced poses in a couple of weeks.

I managed to persuade three friends to come with me to yoga classes. I explained to my friends regarding the benefits of yoga poses and how they can enhance muscle strength and tone. I enjoyed taking yoga classes with my friends, which may not be enjoyable if I did not persuade them to come. We participate in each pose and had fun in taking pictures and posting them on social media.

# Part 3

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| **Goals** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| Want to enhance my running 5 km in less than 20 minutes |  |  |  |  |
| Want to increase my push-ups tendency up to 15 push-ups in a single attempt |  |  |  |  |
| Want to enhance the durability of some advanced yoga poses such as “boat pose” up to 5 minutes. |  |  |  |  |