

## Overall Self/Class Evaluation

Goals, they can either go two ways, you achieve them, or you forget that you set goals for yourself. I think that I always set goals for myself, but I constantly forget them, or I change what the end goal is. I believe that with taking this class and having weekly goals helped me stay on top of what I was striving for. The goals that I set out for myself started as short term goals but by the end of the week I saw how I could incorporate them into my every day lifestyle. Drinking more water, getting enough sleep, snacking more healthfully, etc. these are just a couple of goals I set out for myself. Yes, the first couple of days are always hard getting use to something that is not in your routine. But you know that in the long run it is beneficially for you to have a healthy lifestyle.

By taking this class, I learned that it is ok to be yourself and that the only thing that matters is what you think of yourself. I learned a new form of destressing, I knew that every time I would enter Zumba class it was about building energy and any minor problems could wait an hour. I feel that I was always one that hated the fact that I couldn't dance (I still have a lot to learn) but now I feel like I can dance like no one is watching. Zumba for sure was a class that I did not feel a constant pressure in. I look forward to maintaining it in my life. Keep setting goals for myself and maintaining some sort of exercise in my life is how I am going to keep increasing my health and wellness.