

Lifestyles Commitment

I participate in physical exercise for many personal reasons. I use exercise and physical training as a stress reliever. It helps me to blow off steam and rid my pent up energy. It always makes me feel so much better to go out for a nice long bike ride right before finals week. I also train because one day I will complete a triathlon. Another personal reason I train is so I may gain admittance into the coast guard academy, which requires passing a very rigorous physical test, along with much physical training within the academy. Physical training also gives a better sense of self confidence which helps in my motivation. The last reason I love to physically train is it makes me feel closer to nature. It gives a feeling of being less enclosed by the media and technology.

I do several day to day activities that help to improve my overall fitness. I try to bike everywhere rather than driving as soon as it is warm enough outside that the snow and ice melt. At school, I always use the stairs, never the elevator. I also take any opportunity I can to carry heavy things for anyone I am around. During the winter time I use a manual shovel in an effort to get more exercise rather than the gas powered snow blower. The last main thing I do in an effort to help improve my overall fitness is I walk my dogs several miles a day whenever the weather is warm enough and I have a decent break from homework.

One long term goal I have for myself is by the end of the summer 2012 I hope to have completed a sprint triathlon which is a 750 meter swim, 20 kilometer bike ride, and a 5 kilometer run.

Eportfolio Reflection

This paper