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|  | **Spring 2011 Semester** |
|  | Bethany Schafer |

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| **[Lifelong wellness: rock climbing]** |
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**What did you learn about “lifelong wellness” from taking this General Education course?**

Prior to taking this course I had an introduction and some practice with rock climbing. For all my exercise it was only cardio and I knew I needed to have a consistent balance of cross training. Without rock climbing I would probably be lifting weights at the gym and this is all I have ever done for muscle strengthening my whole life. Nothing is wrong with lifting weights, however I have come to find a substitution that can be lifelong. The hobbies people have a passion for, are hobbies that I believe are purely good for your soul. After committing yourself through training, learning, and accomplishing your goal(s), you have created an addiction for that self accomplishment to be *lifelong.*

**How would you apply this information to your life?**

 I have learned the mind game in order to reach and recover thresholds in cycling for my cardio, progress with yoga, and I am going to apply this same technique with rock climbing. Having a supportive community has been vital for me to be pushed into something I never thought I would enjoy. After observing my friends and family that climb a range of ratings, I became tempted with that first foothold and of course slipped off of instantly; but the morale of the community I looked up to was never judgmental on silly mistakes therefore no slips ever feel like failing. To be cheering each other on or helping guide your partner through placements that are blind to the climber and even that high-five when you get down from a finished or unfinished problem are all positive responses that make people feel good about what they are doing. When you feel good about what you do in school, careers, fitness, community, and hobbies, you have just created passion that you will forever be motivated by.

**What is your intention to continue to practice what you have learned in your life and why?**

 I feel that I have a mind game of self-talk I have to jump through in order for me to practice my passions. I have to dig deep sometimes for that motivation to go beyond my comfort zone and make that exertion in which I know complete sublime will come in end. In climbing, it’s when you get to the end of your route and you will always have pride in what you have done. Previous to the lessons I hadn’t gotten much joy from bouldering, but seeing how the more I’m pushed to practice “the dance” on bouldering routes I begin to understand the word ‘fun’! My recent experience from this rock climbing course has made me aware of how much more technique and practice in bouldering correlates with my technique in top-roping.

**General ideas for improving this course?**

 A few of the techniques I need to focus on while bouldering and top roping are the following:

* Finding my balance in every move,
* Flagging automatically when best,
* Not bending my arms but instead relying on my joints/bones,
* In causation from keeping straight arms..keeping my weight in my legs and core muscle groups,
* And to push myself with bouldering routes even if I can’t follow the route exactly.