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### Independent Learning Activity

For an independent learning activity, I chose personal fitness. I have to say that I had appreciated the assignment because it forced me to make use of the weight room pass I got at the beginning of the semester. I had done this assignment several times in the past, and with more than one teacher this semester. I think it shows that teachers can see the breakdown in students due to poor health. Exercise has always been important to me. It was not only a way to stay in shape, but it was a great release from the stresses that were encountered throughout the day. The more I got involved in it, the more addicting it had become. It is too hard to give up because I got so used to doing it.

Before this semester, I used to go on nightly midnight walks as a way to get out of the tight cramped and noise filled room in which I stayed. Most times a friend would decide to go along and by the end of our talks and discussions, we found that we had walked the entire city limits in just a few hours. The next night would bring on a different friend. In going on these late night walks, I had noticed that it was easier to wake up in the morning having gotten less sleep with all my thoughts off my chest, than to go to bed early tossing n' turning all night on them.

Another practice I was addicted to was taking hand grippers to class. It was quiet and not disturbing of others. It was a great way to stay awake and alert in some of the most boring and dull classes. I sort of learned this by my wrestling coach, and stuck.

During the course of this previous semester, I wanted to do a little more. I had picked up a pass to the weight room and forced myself down there almost nightly. At first, it was a pain because it had been a long time since I had been that ambitious to lift weights. I was sore and fatigued quickly. After a couple of weeks, weightlifting became addicting. It had become hard for me to miss a day. It does get easier and easier if one can hold out for a little while.

After I spent time in the weight room, a friend of mine pushed me to run with him down in the field house. Now running was something I did from time to time, but I found out that this guy means business and he doesn't stop until after 45 min. I am now doing it easily, and I feel great.

I am not a fan of too many sports, but this friend and I would occasionally also play a couple games of racket ball. This is where I have to draw the line and say that I don't plan on doing any studying afterwards because your pillow will look more appealing.

I began working nightshifts at the Speedway south of town, and when I first started, it drained me. I was losing a great deal of sleep, and my body couldn't handle the shock. After learning to keep myself active and away from the T.V, I found myself able to push longer hours. Another helpful aid was going to bed at an earlier hour when I wasn't working the night shift. Well, this semester, I started renting my first apartment south of town, and it is a good 15 min bike ride everyday. So, I get a minimum of a half hour exercise everyday just going to class. My roommate had left mid semester on me, and I had no choice but to take up extra hours at work to make ends meet, which has

taken much of my exercise time away. I am starting to feel the difference in my personal physical fitness.

I am trying to stay positive, and plan on catch up over winter break. I have seen the difference personal fitness can have on a person and it has helped me a great deal. It keeps you looking good, feeling good because of it, free of stresses, less available to other people's requests, and in a good work ethic.