

# LIF 111 : Health and Wellness

*Fall, Spring, Summer*

This is a health science course that explores variables related to achieving a healthier life in an attempt to obtain and maintain vitality. This course is designed to introduce students to the foundations of healthy lifestyles, wellness promotion activities, and associated behaviors. Health is more than weight and lifestyle behaviors contribute to wellness in all dimensions of health throughout the life cycle. The goal is for students to use this knowledge to inspect current personal behaviors and to learn to learn to implement practical changes in order to make informed, sovereign, and self-empowering health choices that will be an investment into their own well-being.

**Credits 3**