

Personal Wellness - Getting Active Comfortably

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Abstract

This project is about being comfortable in one's own skin when it comes to physical activity. Many stereotypes and stigmas follow people throughout society within the topic of exercising, which I hope can be diminished through this project. This is done by discussing Sustainable Development Goals, equipment, resources, and different ways to get exercise.

Introduction

Morgan and I started this project not only because it was a class requirement but also because it is important. As a lifeguard, I need to make sure I am in good shape to save lives if necessary, and being fit is a part of Morgan's life. Because of my move to college, I have not been able to figure out the right process for me, and am just getting back into exercise. Completing this project was the first step to getting into physical activity once again, which a lot of people struggle with, whether they have exercised before or not. Exercise is amazing for our bodies and minds, but can be difficult with the expectations put on us by society.

Purpose

The goal of this project was to help inform people who are scared to exercise or are not sure how to start exercising. I know it can be overwhelming to try something new, especially when you do not know anything about it. Society often fails to support us when it comes to exercising and

our bodies. 'A man has to have visible muscle gain, and a woman has to be skinny,' they say. 'Women can't weightlift, and men can't participate in yoga,' say others. Exercising helps improve not only physical health but mental health as well. It clears the mind and helps battle these stereotypes by finding what is right for you. To help people feel less overwhelmed, we created a website that discusses different options, resources, and information that could be helpful.

As part of our First Year Experience (FYEX) class, we discussed Sustainable Development Goals (SDGs) as a key component of this project. These are goals that the world has tried to keep in mind when looking to the future. Goal Three is about well-being and health, while Goal Sixteen is about justice, intuition, and peace. It is no secret why Goal Three is involved with this project, but Goal Sixteen might be a little more complicated. As mentioned earlier, stereotypes and unwelcome feelings

are a heavy burden that this project was supposed to help heal by giving justice against unfair societal thoughts, intuition about trusting your gut, and the peace of mind of exercising. Remember to always listen to your body and practice safe gym/exercising practices.

Conclusion

Speaking about listening to your body, finding what is right for you is

important, which is why knowing different options is important as well. Our resources page highlights different options for staying active that are often overlooked. Recognizing that not everyone has access to a gym or equipment, the page also talks about ways to work out at home, how to use general gym equipment, and ways to be active without equipment at all. Now, there is no excuse not to find a way to get active comfortably.

References

Baltz, E., & Anderson, M. (2024). *Getting active comfortably*. Wix.com.
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