

Journal #1

So everything for capstone seems to not be going well. I contacted the Inglis House but I just couldn't see myself actually going through with it. They were very helpful but the environment there wasn't the ideal place that my capstone needed. Back to square one I contacted a few more places and I am seeing if they are the right ones. I need a place that has at least 50% of their patients able to walk or stand for at least 3 minutes. I am finding that I should have gone with a retirement home rather a senior citizen home.

Journal #2

I find a place! The place is Bala Nursing Home and I went in and filled out an application. The lady seemed okay but told me I would have to change my exercises. This can't be happening. Back to square one with that because if they can't do the exercises then I don't have a project. She told me she would contact me in a couple of days about my application; let's see how this goes.

Journal #3

I went in for some tests to work at Bala Nursing Home and I went to go show her the results and she still hasn't looked over my stuff. I need to find somewhere else because this is not good. I need a place and staff that are dedicated to my needs not people who say one thing and do another. I have to talk to Ms. Echols about finding a new place. I brought it up to my church and they seemed to like the idea they are even letting me use someone's house if it gets approved. This is great because even though I won't have a lot of people I can focus on those who really want to be in it. Hopefully the answer is yes!

Journal #4

The answer is....YES! So I was approved to go with my church and just work with them. Since the others took up a great amount of time I will have to just try to fit everything in a timely manner. I won't be able to take pictures every time but I will do a photo-shoot of a couple of days with my participants. I started with them official earlier this week and we discussed some concerns we all had. We mostly will have meetings and do exercises. This way they will be educated at the same time because this is a younger group. So happy my capstone is finally working.

Journal #5

So we just did a couple of pictures of what they do during the "program". Everything is going good the next couple of weeks I want to focus on educating them. If they don't know what to do how can they grow. Every class I start off with speaking a fact about

exercises. That usually motivates them because the facts are really interesting. I get the facts from webmd.com. With everything they are participating very well and I love it. It's just how I wanted it to be!

Journal #6

I haven't written in a few weeks. But that's because I have been very busy getting things together and wrapping up my capstone. I loved it with everything that has happened and even the bad things. I learned a lot and they did to. They know that exercising is very important just as well as eating well. This is very good and will help me in the future because being a nurse you have to be comfortable giving directions and I now feel comfortable with this task. Capstone Complete!!!!

Exercise Facts:

Exercise Boosts Brainpower

Movement Melts Away Stress

Exercise Gives You Energy

Fitness Can Help Build Relationships

Exercise Prevents Diseases

Exercise Lets You Eat More

Exercise Boosts Performance

Weight Loss Isn't The Most Important Goal