

Good example of essay on how drinking water changed me

[Environment](#), [Water](#)



My mine essential project was to quit soft drinks and start attending to gym at least thrice per week. Because I realized that soft drinks are associated with bad health and impacts on my teeth. Carbonate, sugary drinks once consumed increases risk of obesity 1. 6 times therefore I decided to quit and take water more regularly and to reduce my body weight as well as to keep it fit I started attending gym (Jacobson & Michael, 54). However the project seemed to be tough and limits me from enjoying myself. I used to refresh myself with soft drinks during hot days. This is something I used to do day in day out there to leave it was hard also in attending gym I found it hard and tiresome. I noticed that going to gym it also have impact on my muscle since it caused muscle ache and I saw like punishment.

This was an effect in the whole country, soft drinks was a deadly animal that ruined our lives therefore it was a challenge to the health and wellness of many Americans as statistics shows that. Average Energy Intake Effect Sizes, by Type of Research Design conducted on soft drinks consumption and body weight and the benefit of improving in this area.

- Note. CI = confidence interval. Because some studies reported both cross-sectional and longitudinal data, and because long-term experimental studies are not displayed, the numbers for the Overall column do not necessarily equal the sum of the numbers for the other columns.

- a Number of studies

The barriers associated with my projects were it seemed to be difficult to drink water after any meal. However, with time I was able to cop up with my project till I will achieve my goal. My family was behind my project together with my friends who could help and support with whatever I needed. They

accompanied me to the gym and enhances that I have drunk enough water as recommended. On other hand, the environment contributed in both effects (Jacobson & Michael, 67). It was conducive as well as not conducive this was because I was a student in the campus and in there fast food was largely available and could put someone into temptations. But there were two gyms that enhance my exercises every day. In my wellness project there were measures that I observed keenly this included the rate of water intake and times of attending gym. I increased rate of water intake and reduces amount of soft drinks I drunk every day.

At the beginning of my wellness project, I had planned to be going to the gym three times a week. However, in the course of the program, I noticed that going to the gym for exercise was very effective and beneficial to my heath. Consequently, I decided to increase the number of times that I went to the gym so that I can get better results. At the end of the project I was able to go to the gym for more than three times a week in one hour sessions without drinking any soft drinks (Kosuke, 1). The constant attendance to the gym and adhering to my gym schedule has helped my body adjust to performing exercises without dehydration. As a result am able to perform better in the gym and I feel more fit and healthy. Over the course of my wellness program, I have significantly reduced my soft drink intake. In the beginning of the project, I used to take a half liter of the drink but due to the continued exercising with less water and soft drinks intake, I am able to go a full session without taking any drink in between.

At times I would not be willing to go to the gym for the project or to take the recommended water. This was because the gym exercises were difficult at

times and caused severe muscle aches and excessive tiredness (Kosuke, 1). Therefore I would feel so withdrawn from the practices since I viewed it as a punishment. Additionally, I was so much addicted to my tasty soft drink and it was not easy to give it up for a tasteless bottle of water. To solve these problems therefore, I would convince myself that going to the gym would not only make me healthy but give me a good body physique. After the conviction, I would go to the gym for an hour. When I got tired of drinking water, I would add the Dasani water packets.

After the end result of my wellness project, I am bold when counting the benefits that are associated with it; this includes the physical and health benefits. In that accord I would suggest that everybody takes up the exercise and they should not count on the severity or the difficulties of the exercises but look at the end result because they are worth every sacrifice of time and pain (Kosuke, 1). Due to the good results I obtained after the short period of involvement, I will continue with the exercises so that I can achieve better results.

Works Cited

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