

Varying activity

[Health & Medicine](#), [Obesity](#)



1. 08 Varying Activity Preferences Essay I have found that a person's culture has an impact on which physical activities individuals participate in to stay healthy. Surprisingly enough, the public I interviewed all had a distinct approach to exercise and with these 3 completely different people, I additionally realized that the older one gets, the less energy one needs to achieve the exercise of their choice. All in all, these folks do have one thing in common aside from their varying ways of exercising — staying healthy.

Age 16, Female, Junior, Hispanic. Due to this individual's busy lifestyle, she is only very active. With all A. P. courses, afterschool clubs, home chores and homework, this young being has time for one thing only, her passion, running. This individual has been running since she was 10 years old and quote " fell in love with it. " As busy as she is, she always makes time to run Monday — Friday " and sometimes Sundays. " for as many hours as she can in her nearest park. " Whether its raining, too cold, or even if there's a heatwave; running is something I absolutely have to do or I'll feel physically sick. ". This individual is the most active of her family and is quite proud about it too. This 16 year old female wishes her parents and peers would give it a try and run with her one day as not only a benefit physically and mentally for them but also as something they can all have in common and bond from that. The benefits of running are many. Running prevents muscle or bone loss, diseases, maintains and/or improves general health, helps you lose those 10 pounds you've been dying to lose since ever, gives you confidence and relieves you from excessive stress. Age 35, Male, Father of 2 (widow), Hispanic. This individual should be an inspiration to all, aside from raising 2 still very young kids and work, he still takes time out of his day to

do a commodity he longs for, bike riding. After his loving wife died 2 years ago of a car accident, he didn't know how to cope. He didn't know what to do with the kids, he lost his job, lost his friends, lost himself and his days were full of sorrow, " I was at the end of my rope, I hit rock bottom. " He was so stuck on what he should or shouldn't do that he literally googled " How to get your life back. " which luckily worked because one of the things it suggested was to find an activity you'd like to do in your spare time so you won't go back to your old ways. And after weeks and weeks of figuring out what he believed he would commit to and what he thought wouldn't take much time out of his day to accomplish was bike riding. " Of course, the first days were rough for me because I haven't been on a bike in years so my knees were a little rusty but through time all I wanted to do was ride my bike so I would ride it everywhere, It resulted in me saving a lot of money on gas because of my choice to ride my bike to places than drive everywhere. " This widow is to be considered moderately active, bike riding every other day for 2 hours. He is now emotionally stable and physically active. " I feel like I can do anything now. " Age 54, Male, White. This individual is lightly active. He suffers from arthritis and has type 2 diabetes so there isn't much this 54 year old can handle physically. " After walking for an hour and a half, I start panting and my knees ache. " Says the individual. When he was younger, he would be into all sports and became addicted to exercising. Now, as much as he would like to be as flexible as he was when he was 24, he knows that isn't possible but that doesn't stop him from exercising as much as he can no matter how limited he feels. He started walking in his nearest park 4 years ago when he was diagnosed with type 2 diabetes for only 30 minutes every

other day but through time, he extended the time to an hour then an hour and a half then soon enough he's not only walking in the park but to and from his nearest grocery store with enough energy to do it again. " I like walking but I would never try running, that will kill me. " In conclusion, it is certain that a person's culture has an impact on which physical activities individuals participate in to stay healthy. From the public I interviewed you can obviously tell that age was a big factor in the choice of their activities. For the 16 year old, running was basically an addiction and a good addiction at that, She is very active. For the 35 year old bike riding was perfect for him, he didn't have to be on his feet for so long but he was still working his bottom half with the peddling, He is moderately active. And for the 54 year old, due to arthritis he couldn't run, probably couldn't ride a bike for long but still managed to walk a little every 2 days in his spare time to stay healthy, He is lightly active.