

# Fnn 11 assignment #2

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



FNN 11 Assignment #2 In order to accommodate my current nutrition status, three days of my dietary intake was recorded and analyzed during the last assignment. In this assignment I reflected some feedback in implementing a nutrition behavior change initiative from the last assignment. It is proven in studies that the most dramatic declines in physical activity occurs between adolescences and young adulthood especially when students are pursuing higher education compared to high school (Bray, 2007). The nutrition behaviour that I planned to change was to increase the amount of daily physical activity. The reason is that in high school, I used to be very active by being on the cross country and rugby team throughout my high school years. Also I regularly ran every day for an hour throughout the university life but mid-way as workload started to pile up, I started to procrastinate in my physical activity and slowly stopped going to the gym. As a result, I gained more weight and my physical capability has been decreased, for example being fatigue easily for the same amount of workload. I wanted to do this change because I know that physical activity have many benefits. It is shown in Canadian statistics that over half (55%) of Canadians are inactive. (Bray, 2007) Health behaviours in childhood, adolescence, and young adulthood can determine quality of life in one's later years (Bray, 2007). The article " Major Public Health Benefits of Physical Activity" states that physical activity prevents chronic diseases, hypertension, diabetes, cancer and obesity. Also, it improves the control of joints, more energy throughout the day, better mood and much more. (Macera, Hootman & Sniezek, 2003). Therefore I planned to go to the gym 3 times a week and do 1-hour run and for the other days I planned to lightly exercise such as swimming, walking

close distances without bussing. Rather on Tuesday, my goal was to “ rest” because I knew that my Tuesday schedule was too busy and tiring for me to do any extra physical activity other than walking to my classes. The enablers that allowed me to exercise were some days when there are no major tests or assignments going on coming soon. When I didn’t have any tests or assignment due the next day I felt less pressure and exercised away. For my yoga goal, I was able to sacrifice 30 minutes of my studying time to exercise since it was very simple to do. I could do yoga anytime at my home and the only equipment needed was my yoga mat and yoga clothes. Other enablers were weekends where my schedule is not busy and have time to exercise, having a roommate to motivate and exercise together at the gym that is easily accessible from my condo. On the other hand, the barrier that stopped me from going to the gym was having lack of time because of the schoolwork. For example, when I had tests or assignments to do next day, or have a work schedule, I skipped exercising. Another main barrier was my mindset of studying comes first and not being able to sacrifice any time to exercise. Other barrier was that because of my part-time job, I had no time in between or too tired to workout. The hardest barrier was sleeping. The lack of sleep I got made me too tired to motivate myself to go to the gym. My behaviour change was successful overall because I managed to get some exercise compared to before. Out of the seven days, I succeeded in 3 days of exercise as I planned. It is recommended to perform physical activity for 3 or more days per week, or 30 minutes of moderate-intensity activities on 5 or more days per week. In addition, strengthening and flexibility activities are recommended on at least 2 days per week (Macera, Hootman & Sniezek,

2003). The social determinants of health that helped me to change my behaviour were social environment, health services, education and personal health practices and coping skills. Social environment was my roommate that motivated and reminded me to go to the gym. We ended up going together so the workout time went by past and it was enjoyable. Health services were the gym that was provided by the gym in my condominium that enabled me to have a place to exercise and the equipment to use. Being educated in the importance of exercising has helped me to change my behaviour as I am aware of the health benefits physical activity has. Personal health practices and coping skills allowed me to motivate myself and to be responsible in trying to reach my goal. Also reflecting back on my physical activity before helped me to reach my goal. This assignment impacted the way I approach my future nursing practice as regular physical activity will allow me to stay fit and healthy to take on long and tiring shifts. Since one of essential skill for nurse profession is time management, practicing to balance my busy schedule now with physical activity will help me in the future with balancing the busy nursing schedule and working out. Physical activity is important for nurses, as they should be healthy first in order to take care of sick patients. Nurses should be models to the patients by showing them that they are healthy people and they know the importance of nutrient and physical activity. Also, with the knowledge and experience I have with regular physical activity, I will be able to help patients with their time scheduling and the importance of it. If I could do this assignment again, I would schedule my time more effectively. Sleeping earlier and waking up earlier is better for health and less tiring in the morning. Overall, I think this

assignment has taught me how to balance a busy schedule and physical activity for my future nursing career. References: Bray, S. R. (2007). Self-efficacy for coping with barriers helps students stay physically active during transition to their first year at a university. Retrieved from <http://search.proquest.com.ezproxy.lib.ryerson.ca/docview/218504401/fulltextPDF?accountid=13631> Macera, A., Hootman, M., & Sniezek, E. (2003, February 15). Major public health benefits of physical activity. Retrieved from <http://journals2.scholarsportal.info.ezproxy.lib.ryerson.ca/tmp/6990582432795307194.pdf>