

Nutrition and fitness project essay



**ASSIGN
BUSTER**

When first seen what the project was all about I really got excited because knew had already was doing his, even though it was not on a regular basis.

Dry. Straus told us to set goals for ourselves about what we expect to get out of the three weeks. For me I tried to set goals that would really be kind of reasonable to do and felt that this is something that I wouldn't have a hard time doing. Another goal I set for myself was to get more active in walking or jogging on a daily basis.

For the past three weeks I put myself through a test because knew I had set these goals and I really wanted to stick to them. Even though I didn't get out there and walk or jog on a regular basis did manage to get out there at least two times a week. Before started doing this tracking system I really had given up on staying active after I get off of work. Had put in my mind that I work at least 6 hours a day so at least I am staying active at work. One of my main reasons why I couldn't ever lose weight was because was taking in way to much calories and carbohydrates. Like our text described, carbohydrates are our most efficient source of energy, meaning that when we digest carbohydrates we are left with nothing but energy, water, and carbon dioxide, (Ireland, 2012). Majority a lot of foods have carbohydrates and also calories, it's all about how much you take in. My next goal that I said wanted to do was lose 10 pounds within this three week frame.

Must say that this was really a hard thing for me to do with tracking those calories. While doing the three week tracking I was able to lose 12 pounds and also managed to get out there more. Engaged to do this by cutting back from the table and walking more than I use to. I really feel like staying active

and cutting back is the one thing that a lot Of Americans need to try. It was really a struggle trying to keep myself motivated to do this, but I really can't believe I did it. Another thing I tried out was trying to not eat after 6 p.

. I know this isn't something that had to be tracked but I also know that by doing this I was not laying down right after I had eaten. My biggest part now would be to try to keep up the good work and try to lose more weight.

Losing weight and staying active can be good for your body. To break it down being active can help keep your heart pumping just right. One thing a person should do is not smoke because smoking is bad for your lungs. As for your muscles, healthy muscles let you move freely and keep your body strong. They help you to enjoy playing sports, dancing, walking the dog, swimming, and other fun activities. And they help you to do those other things that you have to do, like making the bed, vacuuming the carpet, or mowing the lawn.

Bones support your body and allow you to move. They protect your brain, heart, and other organs from injury. There are different foods you can eat that can keep your digestion system regular. Eating the right portion of your food groups is one major way you can keep yourself on track. I must say that this project has been one great experience for me because not only did I have fun doing it, I also lost weight doing it.

Really hope that I can continue to maintain this weight or even better that I can lose more weight.