

Nutrition and fitness paper assignment



**ASSIGN
BUSTER**

My current fitness and nutritional habits include the following. I try to eat something nutritious every two to three hours. I try to remember to make sure that each of my meals contains lean protein, like maybe some fish, turkey, or egg whites. I'm a vegetarian so I don't eat red meat. I love fruits so I try to eat fruits and vegetables with each meal. Sometimes I have a high carbohydrate drink that's high in protein like soy milk combined with a serving of those nutritional carbo snacks, maybe within thirty minutes before a workout. I also try to regularly drink only non-calorie containing beverages, like water.

The only other things I drink is Prune juice or Ginger Ale. I try to eat healthy fats on a daily basis, like almonds, nuts, fish, and flax seed oils are really good. I know that I should obtain all of my carbohydrates from fresh fruits and vegetables, but sometimes I forget when I'm with friends and have some alcoholic beverages or other fattening substances which contain very little or no nutritional value, and then I get upset at myself! I can't always be good. There are many health risks associated with obesity. " The more obese a person is, the more likely he or she is to develop health problems.

Mild obesity involving a body mass index (BMI) of 30+, is less dangerous to health than morbid obesity (BMI 40+) or malignant obesity (BMI 50+). For example, someone who is 40 percent overweight is twice as likely to die prematurely as an average-weight person. This effect is seen after 10 to 30 years of being obese. " (Anne Collins, 2007) Obesity carries the risk of premature death, heart disease, type 2 diabetes, cancers, fatty liver disease, chronic venous insufficiency, gallbladder disease, breathing problems, deep

vein thrombosis, arthritis, expectant mothers can have complications, and many other factors.

Three new fitness habits that I could reasonably incorporate into my lifestyle... One habit I can work on is to sleep more. I get home pretty late from work, so I tell myself that it's ok to go to bed late because I deserve some "me" time to watch some TV or sit at my PC for a while. The result is me not getting enough sleep, as I have to wake up very early the next day. The result is a very cranky and tired Erika. I'm not as alert and focused as I should be at work, and my job requires plenty of that. Second, I would like to make more time to exercise more.

I have machines at home, but I'm so tired when I get home that I don't even bother. I know that exercise maintains the metabolism pumping and helps control my weight. It also keeps the bones healthy, muscles, and joints, and reduces the risk of developing high blood pressure and diabetes. It's also good for depression, because when you exercise, it stirs your endorphins, so it's really good for our psychological well-being. And of course, it reduces the risk of death from heart disease or any kind of premature death. Third, I need to plan things more. A little planning can go a long way.

Living healthy is never an accidental occurrence. All these habits we want to improve on: good fitness, skin protection, healthy teeth, weight loss, social ties... they all take a lot of effort that need to be scheduled into my busy life. I absolutely must get myself together and organized and plan more. Three new nutritional habits ... well, one could be to eat breakfast every morning. I really don't ever eat breakfast and when I do, it is not very healthy. Having a

healthy breakfast everyday can definitely improve my health because it will provide my body with more vitamins and minerals, and less fat and cholesterol.

I know this is the path to a leaner body, and will also prevent me from over-eating later on in the day. Second, I should drink more water! They say that water and milk are essential fluids for good health, but they can also help with shedding pounds, which is almost everyone's goal these days. The body needs water to keep properly hydrated and everyone is different in how much water they need. Joints need it to stay in motion, and our important organs like the heart, brain, kidney, and liver need it to work properly.

If we don't get enough water, our bodies go into emergency mode, and clings to every single water molecule it can find (University of Minnesota Water Resources Center). The stored molecules appear as extra weight. The weight is only released once the body gets enough water. Third, I should buy healthier snacks. Maybe some baby carrots instead of those cups of coffee. Or some low-fat yogurt or nuts instead of whatever I get from those vending machines at work, because it's "convenient". How do these new habits benefit my health in general?

Well, anyone who has a proper diet generally feels well rested, healthy, and enjoys all the other benefits of healthy living. And I personally know that the supplements I'm taking are definitely not having the right effect on my genetic structure. And of course, proper exercise allows the body to improve its circulation and helps to supply every organ of the body with increased oxygen levels. Here are good reminders of healthy living: Longer life –

Research has proven those who eat less saturated fats, processed foods, etc. live a longer and healthier life, and are less prone to illnesses and disease.

Happiness – There's no doubt when you eat healthy foods you'll suffer less from those terrible ups and downs that make us moody. Who wants to be grumpy all the time? Vitality – Healthy eating along with exercise will give you tons of energy and make you feel “ on top of the world. ” Imagine bouncing around from one thing to the other without having to drink tons of coffee! Great Skin – Everything we put into our bodies is reflected in our skin, hair, nails, teeth, etc. The way we age is partly due to genetics but it's also due to our lifestyle choices.

Healthy eating is our “ miracle cure” for staying gorgeous. Loose Weight – Have you ever seen an overweight person who eats healthy food and exercises? I mean TRULY eats healthy food... probably not. Unless you have a thyroid condition you'll definitely lose weight and maintain it once you embark on healthy eating. References Collins, Anne, Health Risks of Obesity, 2007 <http://www.annecollins.com/obesity/risks-of-obesity.htm> Sidman, Mila, The Benefits of Healthy Eating, 2008 <http://ezinearticles.com/?The-Benefits-of-Healthy-Eating&id=42722>