

Nutrition and fitness habits assignment



**ASSIGN
BUSTER**

Nutrition and Fitness Paper University of Phoenix Nutrition and Fitness play different roles in American's lives. According to Healthy People 2010 54% of Americans are not regularly active, 15% are not active at all. Americans consume too many calories, often in the form of added sugars and fats, but too few vitamins and minerals, in part because the intake of fruits, vegetables, and milk products is relatively low. (Insel & Roth. 2008 p. 367) There are many ways that American's can incorporate fitness and nutrition in their daily lives.

This paper will discuss fitness and nutrition habits, and suggest new habits that will benefit your health and promote healthy weight. a) Explain your current fitness and nutritional habits. I have had a membership to 24 hour fitness for over 5 years and I can count the times I've worked out at the facility on one hand. I currently do not have a fitness habit in place. After I had my daughter 19 months ago, it was hard to get back into a fitness routine. Twice a year the Marine Corps holds a mandatory physical fitness test consisting of a 3 mile run, sit-ups and a flex arm hang.

Surprisingly, I pass the test without regularly exercising. My nutritional habits have improved in the past month. I make it a point to eat breakfast, and a lunch when I am at work. Before I would work throughout lunch time and clear into the evening without eating. Now I make it a point to take a break and eat lunch. I don't eat fast food, drink soda or snack on junk food at my desk. I bring lots of fruit and water to work so it's readily available when I want to eat or drink at my desk. b) Briefly explain some of the health risks associated with obesity.

Obesity is not only a cosmetic problem but a health hazard. According to Web MD someone who is 40% overweight is twice as likely to die prematurely as is an average weight person. Obesity has been linked to the following serious medical conditions; Heart disease and stroke, diabetes, and breathing problems, such as sleep apnea. Overweight people are twice as likely to have high blood pressure, a major risk factor for heart disease and stroke, than people who are not overweight. Very high blood levels of cholesterol can also lead to heart disease and often are linked to being overweight.

Being overweight also contributes to angina (chest pain caused by decreased oxygen to the heart) and sudden death from heart disease or stroke without any signs or symptoms. Overweight people are more than twice as likely to develop type 2 diabetes compared to normal weight people. You can reduce your risk of developing type 2 diabetes by losing weight and exercising more. If you have type 2 diabetes, losing weight and becoming more physically active can help control your blood sugar levels.

Sleep apnea can cause a person to snore heavily and to stop breathing for short periods during sleep. Sleep apnea may cause daytime sleepiness and even heart failure. The risk for sleep apnea increases as body weight increases. Weight loss usually improves sleep apnea. (Web MD Weight loss: Associated with Obesity. Retrieved Sept 13, 2008. [http://www. webmd. com/cholesterol-management/obesity-health-risks? page= 2](http://www.webmd.com/cholesterol-management/obesity-health-risks? page= 2)). c) Identify and explain 3 new fitness habits that you could reasonably incorporate in your lifestyle.

How could these habits improve your health? Since I currently have no fitness habits I could easily incorporate new ones. The 3 new fitness habits I can incorporate are; attending a cycling class at 24 hour fitness, going to the on sight weight room at my job when I have free time and lifting weights 20 minutes every 2 hours, and running the trail behind my work in the afternoon. These habits can all help to improve my health and wellness. Aerobic exercise researchers say that cycling is as good as running and swimming for attaining fitness.

Sports medicine specialist prescribes cycling because it causes less wear and tear on the joints and muscles than jogging. It is also an excellent way to burn fat and increase lean weight, when combined with a healthy diet it can be an effective weight reduction strategy. According to Healthline. com (Inclendon, L: “ Strength training for women” 2008), strength training can increase bone density, improve the immune system, and decrease or reverse the effects of aging. Also, elevate your mood, give you confidence, and just plain perk you up.

Running improves your health by improving stamina, and endurance. d) Identify and explain 3 new nutritional habits that you could reasonably incorporate in your lifestyle. How could these habits improve your health? Three new nutritional habits I can incorporate in my lifestyle are; switching to decaffeinated coffee when I go to Starbucks, eating more green vegetables for dinner, and drink more water throughout the day. By eliminating caffeine from my daily coffee I would be able to cope with anxiety that I sometimes experience.

Though moderate caffeine intake isn't likely to cause harm, too much can noticeably affect your health. According to MayoClinic. com (2008), heavy daily caffeine use, more than 500 to 600 mg a day, or about four to seven cups of coffee, can cause restlessness, irritability, anxiety, muscle tremors, headaches, sleeplessness, nausea, and abnormal heart rhythms. Many green vegetables fight cancers and contain vitamins. Eating dark green vegetables help fight against the risks that I could be diagnosed with one of these illnesses.

Drinking more water will ensure that I am regular and I will rarely experience constipation. E) Discuss how each new habit would promote healthy weight. The three new fitness habits of vigorous activity (cycling, weight training, and running) are vital parts in promoting healthy weight. Greater amounts of activity can help prevent weight gain and promote weight loss. Most Americans need to reduce their calorie intake, increase their level of physical activity, and make wiser food choices. Many adults gain weight slowly overtime, but even small changes in behavior can help avoid weight gain.

Monitoring weight regularly helps people know if they need to adjust physical activity or their food intake to maintain a healthy weight. (Insel and Roth 2008). A decrease in caffeine and increase in water consumption also promote a decrease in calories. With fewer calories in my diet, I am helping to promote a healthy weight. With the consumption of more green vegetables not only am I fighting against diseases but also eating nutritious without having to worry about any possibility of weight gain. f) Discuss how each new habit would benefit your health in general.

My three fitness habits of cycling, weightlifting, and running will significantly benefit my health in general. By implementing cycling I will have better blood cholesterol levels, reduced body fat, better control of blood pressure, improved metabolic health, and enhanced glucose metabolism; improved quality of life and reduced risk of chronic diseases. By implementing weight training and running I will receive all the benefits previously discussed plus improved physical fitness, increased cardio respiratory endurance, muscular strength, and endurance, and flexibility.

Cutting down on caffeine intake can benefit my health by helping me conquer my anxiety and sleeplessness at nighttime. Increasing my water intake is a vital part in benefiting my health. All bodies need water for the digestion and absorption of food and are the medium in which most of the chemical reactions take place within the body. Water also helps to regulate body temperature. (Insel and Roth 2008. p. 340). In conclusion, there are many nutritional and fitness habits that Americans can implement in their daily lives that will benefit their overall health.

Obesity and overweight are a major public health problem in the United States. Physical activity, weight management, and a nutritious diet are key roles in the overall wellness of an individual. However it is up the individual to take the appropriate steps to get on track to start and maintain a healthy lifestyle. The knowledge is available but Americans have to want to make a change to old habits. References Incledon, L (2008) Strength training for women. Retrieved September 12, 2008 from Healthline. om. <http://www.healthline.com/hlbook/strt-benefits-of-strength-training-for-women> Insel, P. M. , & Roth, W. T. (2008). Core concepts in health (10th ed.) Boston: <https://assignbuster.com/nutrition-and-fitness-habits-assignment/>

McGraw- Hill. MayoClinic . Caffeine: How much is too much. Retrieved September 14, 2008 from Mayoclinic. com. <http://www.mayoclinic.com/health/caffeine/NU00600> Web MD Weight loss: Associated with Obesity. Retrieved Sept 13, 2008. <http://www.webmd.com/cholesterol-management/obesity-health-risks?page=2>).