

# Exercise and activity

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Exercise and Activity Exercise and Activity Monday, April 21, For my age, I need about 2, 200 calories (Coleman, n. d For this reason, I try to stay within this calorie limit. Consequently, today I had two cups of egg casserole with bread, cheese and milk, which is an average of about 574 calories. For lunch, I had two servings of broccoli, rice and mushroom sauce at approximately 640 calories. My dinner consisted of chicken and noodles and white sauce which were about 960 calories.

This was a heavy diet and I had to engage in several activities that would keep me healthy by neutralizing those calories. I therefore jogged for one mile, consuming at least 100 calories (CyberSoft, 2014). After classes, I played basketball for one hour before taking a walk for another mile. I also used a skipping rope and did aerobic dancing for one hour each.

I appreciate the importance of physical activities because I have successfully managed to keep obesity at bay, something that other people have not been able to. I need to keep myself as fit as possible, therefore, I use all available opportunities to exercise myself. I also found time to assist my parents with household chores and this has made them to be proud of me.

Tuesday, April 22, 2014

Today, my meals were almost similar to yesterday. However, there was some difference today because I needed to balance the nutrients out. I had little vitamins yesterday, so today I endeavored to compensate for the short today. My lunch today included some cucumbers and okra. I also took two oranges and three sweet bananas. However, this increased my calorie intake. Consequently, I had to do more physical exercises today. After classes, I went swimming for a whole hour, expending more than 400 calories. This was in addition to playing basketball and doing aerobics. I also <https://assignbuster.com/exercise-activity/>

watched TV in the evening, and afterwards assisted my mother to wash the utensils after dinner. We chatted for half an hour before retiring to bed.

I also learnt that God intends us to keep our bodies healthy. Our bodies are the temples of God. Even as I endeavor to keep obesity at bay, I also need to put God into consideration. I, therefore, have to maintain positive behavior that promotes good health. I have learnt to appreciate and respect my body, keeping in mind that it is my greatest and most precious resource.

Wednesday, April 23, 2014

Today, my breakfast consisted of the eggplant, cheese and tomato sauce. I had two servings which equal to about 388 calories. I had tuna casserole with vegetables and mushroom soup for a total of 762 calories (2 cups). For supper, I maintained the mushroom soup, which is a favorite of mine and had cooked green stringed beans. I consumed a total of 375 calories for supper. I also had some snacks in between the meals. The snacks included a hamburger with a soda. I had three apples and two pears today. In total, my calorie intake today grossed 2, 300 calories.

I engaged in several activities today. In the morning, before going to school, I assisted my mother with various household chores, such as ironing, which expended about 50 calories, and mopping. I jogged along a one-mile stretch before walking to school, burning up about 500 calories. At school, I attended all the lessons and afterwards broke for sports. Today I played volleyball, expending about 120 calories. I then worked with the skipping rope for two hours and this consumes about 570 calories. After that, I dived into the swimming pool for half an hour before heading home. I also watched my favorite program on TV before retiring to bed.

References

<https://assignbuster.com/exercise-activity/>

Coleman, E. (n. d) Minimum Calorie Intake for A Teenage Girl. Healthy Eating, Demand Media.

Cybersoft (2014) The NutriBase Exercise Calories Expenditures Chart.

CyberSoft, Inc. Retrieved <http://www.nutribase.com/exercala.htm>