

Essay on wellbeing- is it a personal or collective responsibility

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Wellbeing involves staying healthy through attention to diet and exercise. This is influenced by government standards, community opportunities and personal choices. One important way that government can help its people stay well is by accurate labeling standards. Individuals cannot make health food choices if they do not know what is they are buying. Because this should be standard around the country it is up to the government to make the necessary laws to insure all food manufactures clearly label their foods. This is so that people can determine what to buy.

Personal responsibility involves making the right choices about food and exercise. This means individuals need to choose to eat healthy foods with a good mix of vegetables, carbohydrates and proteins. . The vegetables themselves should include a variety of different types and colors to get balanced vitamins and minerals. The carbohydrates should primarily be whole grains. Likewise, the proteins should be from a variety of sources and include foods like beans, dairy, eggs and meat. People should avoid overly processed foods that only supply empty calories. They should also be aware of portion control. Many people do not understand that a four ounce serving of meat or fish is only about the size of a deck of cards and therefore eat far more than a recommended single serving. . Exercise is also a personal responsibility no one can ever exercise for someone else. A good exercise program involves not only a structured exercise regime; it also includes walking up and down stairs instead of taking the elevator and walking short distances instead of driving. All of these factors contribute to improved personal wellbeing.

Communities and government can contribute to the wellbeing of their

citizens. Some urban areas are nutritional urban deserts where health food choices are limited. . Exercise facilities, especially for elderly people, people with disabilities and children are also limited or nonexistent. Individuals cannot be expected to buy, prepare and eat health foods if they have no way to get them. Elderly, disabled or very young people cannot exercise outdoors in all locations on those days when there is extreme weather, especially hot and cold days. Elderly and disabled people especially benefit from temperature-controlled environments where they can receive assistance, yet these do not exist in many urban neighborhoods. . Providing more options so that individuals do have the option to make healthy food choices is one way that governments and communities can contribute to citizens' well being. One method that proved itself successful around the country include using schools and other government owned buildings to provide exercise facilities for the citizens. Another way that communities can help their people is by organizing farmers' markets so that farmers can bring fresh produce into the cities and people have a chance to take advantage of more healthy options. When individuals do not make the right choices to create their personal wellbeing, they run the risk of additional health problems, loss of the abilities to enjoy some of life's pleasures and early death. When governments do not support their citizens' abilities to make health choices to increase their wellbeing they are confronted with the necessity to provide additional health care services which are, in the long run more expensive.

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