

# Nutritional and fitness paper

[Sport & Tourism](#), [Fitness](#)



My strongest dimensions after taking the self-test are intellectual health, social health and environmental health. I think that I am strongest in intellectual health because I don't make rash decisions in my life without thinking about the consequences. When I was younger I seemed to get myself in trouble a few times and at one point it got so bad that I had to really look at myself and question the decisions that I was making. I learned from the mistakes that I made in my teen years and have helped me a lot when making decisions in work and with friends.

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In social health I scored strongest in this category I feel because I am able to listen to others problems without making it about myself. If a friend comes to me with a problem, I tend to listen to them more than give my own opinion or feedback unless I am asked. I always try to give people the benefit of doubt and don't judge them when I first meet them. Social health also includes relationships with family and friend, I come from a close knit family and have a good relationship with my immediate family and can't see myself not ever talking to any of them.

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My friendship also have the stayed the same throughout the years, I have the same friends I have had since high school and college. In environmental health I believe was one of many strongest because over the years I have become aware of global warming and the affect that is being done to our planet and resources. When I am brushing my teeth, I turn of the faucet until I need the water again; I also use energy saving light bulbs all around my

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house to save electricity. I have been recycling bottles, cans and paper and have even gotten some of my family members to do the same.

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I know that I can do more in regards to getting out there and spread the word little by little. The way that I can become stronger in physical health is by exercising more, whether it be taking the stairs instead of the elevator or going for a walk around the block. I could also try to improve my physical health by eating healthier meals during the day and cutting out junk food and instead eat more vegetables and fruits. I can also try and improve my sleeping patterns and get more sleep during the night.

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The way that I can change my emotional health is by understanding me more, for example, if I am feeling mad or aggravated at some one, I can take time and compose myself and approach the situation differently. The way that I can change my spiritual health is by getting more involved in the community and do more charitable events. I have to involve myself more in nature, for example, if I go to the park I can sit on a bench and listen to the birds chirping, the wind blowing and connect with Mother Nature. Some personal choices that I can make to improve my health are; exercising, eating healthy and quit smoking.

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I have started to get back in the routine of exercising for at least an hour a day, I will be using the shaping technique so that I won't overwhelm myself and quit within the first couple of days. In eating healthy I can learn to cut out junk and greasy food, it's important that I learn this because I have a daughter myself and I don't want her to suffer from any health issues, such as diabetes or childhood obesity. I have to make these choices so that I can be a good example to my daughter and she will be able to make better choices.

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A behavior change technique that could help me is shaping, which is when “to reach a goal, you may need to take several individual steps, each designed to change one small piece of a larger behavior” (Donatelle, 2010). This technique would help me in exercising, for example, I can begin to walk for 30 minutes a day and after my body becomes accustomed to the exercise I will add more minutes to it until I have become used to working out. Another behavior change is called visualization, which means “mentally practice can transform healthy behavior into healthy ones” (Donatelle, 2010).

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This technique could help also in my exercise, for example, if I am going up a hill I can mentally tell myself “you can do this”. This will prepare my mind so that my body will go. Another technique I called modeling which means “learning behaviors by watching other perform them” (Donatelle, 2010). This would be helpful in exercising because I will have someone else who can go

to the gym with me and be motivated by them just being there. Controlling the situation would mean “ the right setting or the right group of people will positively influence your behavior” (Donatelle, 2010).