

Personalized nutrition plan essay

[Business](#), [Management](#)



Identification of the health/nutrition problem that will be targeted According to the analysis my food intake and physical activities, I should do either of two things: do more activities or lessen my intake of carbohydrates. Food rich in carbohydrates is a very good source of energy. However, if that energy is not used, it will contribute substantially in making people, including me, wide, fat and unhealthy. I have decided to do more activities to burn the energy stored in the carbohydrates that I take.

It is difficult to control my appetite, so as a compromise, I will do more activities such as walking, jogging and climbing up and down stairs. My present activities are very minimal and I generally live a sedentary lifestyle. As a matter of fact, I do not do any exercise at all. So after finding out that there is an imbalance in the food I eat and the activities that I engage in, I will make some adjustments. Instead of taking the elevator to go from 8th floor to 6th floor, I will take the stairs instead; if I can walk to go to my destination, I will walk instead of riding a cab - in other words, my new exercise plan is actually to make things that I do less lazy automatic. The adjustments that I am doing and the suggestions that I received suggest a common denominator - I should be less dormant. I have a fast metabolism and my body weight is proportional to my height.

With my good body condition, I do not need any drastic exercise regimen to lose unneeded fats. So I believe that It will not be difficult to follow my exercise plan. As a matter of fact, I can make it a part of my lifestyle already and not just a simple exercise plan. Maybe in the beginning there will be an unusual feeling about my routine, but nevertheless, as time passes, I will be acquainted with it like any other routine activity. With the aforementioned

plan and views, I sincerely believe that I can have the ideal healthy body that everybody wants to achieve. It is not just about looking good anyway but more importantly, feeling good and actually being in good condition health wise. Four nutritional or physical exercise goals1. To learn about one's personal nutrition needs2.

To have healthy food intake to ensure healthiness3. To adopt an exercise plan to boost up metabolism, build muscles and lose the excessive weight4. To achieve a healthier and active lifestyleActions taken to meet each goalMaintain a Balanced Diet (2, 000 Calorie Intake per Day)Instead of planning a diet for the entire it is really very convenient to divide the calorie goal into sets of meals, for a person who wants to maintain their weight, they can prepare various menus for each of their meals. As individuals have gained experiences with meal planning, they will undoubtedly build up larger collection of various meals, all of which are compatible in terms of calorie contents (Anderson et al, 1992). Moreover, they can come to find out which among the food from restaurants are approximately equal in calories to their usual meal allocation. Planning meals will definitely encourage eating well-balanced meals and with it, there is no need to worry about eating too little or too much.

For an average body, a daily intake of 2, 000 calories, is very much ideal, if it contains all the nutrients needed by the body. By means of meal planning, the efforts of weight control will be very evident (Aprovian, 2007). Exercise RegularlyI will make it a habit to exercise regularly.

There are 3 initial components of exercise which individuals can choose from or practice alternately (Wing & Anglin, 2008): Aerobic Exercise Exercises on aerobics increase the function and health of the circulatory system, lungs and heart. In order to achieve maximum effectiveness, aerobics needs to be continuous, rhythmic and should have the involvement of large groups of muscles. Sample activities are jogging, walking, stairs climbing and aerobic dancing (Wing & Anglin, 2008). Strength Training The process of strength training involves exercising with gradual progress of heavier resistance in order to retain or build muscles. The increase in the muscle tissue results to increase number of calories burned by the body even at the state of rest (Wing & Anglin, 2008). Flexibility An essential element of a program for exercise is flexibility is a critical element of an exercise but most of the time it is overlooked. Stretching is significant for a lot of reasons, it increases physical performance, important for a number of reasons; increases blood supply and nutrients to the joints, increases physical performance, decreases risk of injury, nutrients to the joints, increases blood supply and reduces soreness, increases neuromuscular coordination, improves balance, reduces stress in muscles and decreases risk of low back pain. The exercises should be done on a daily basis.

The completion all the exercises normally takes either 10 or 15 minutes. The majority can have the similar success with an exercise program or with any other sane program. There is nothing magical about any specific exercise sets or any plan on doing them. The development of physical fitness by means of exercise is similar to weight loss (Wing & Anglin, 2008). Anticipated setbacks or difficulties and approaches for overcoming them The possible

setbacks in adopting a personalized nutrition plan can be due to varied schedules, medical problems, sudden sicknesses, pregnancy and lack of motivation (Anderson, 2004).

If an individual is experiencing problems such as shortness of breath, chest pains and other body pains due to exercising, they should then stop and consult a doctor in order to arrive to a much ideal health program. The physicians are always available for consultation, they can order to stop with the program or they can tell when to resume again (Rippe and Heppe, 2008).

Outcomes by which to measure success There is nothing that can be compared to how an individual can feel as they start to dedicate themselves to their personalized exercise and nutrition plan. The long-term rewards from exercising are better health and longer life, the short-term rewards show include feeling better about one's newfound lifestyle and perhaps even feeling better about one's self-image. However, if an individual lacks persistence then lack of progress will be very apparent. Evidence of the plan's effectiveness in addressing the identified problem or need Charts or tables for weight recording are very useful if an individual records their weight on a daily basis every day. Weighing oneself and checking for healthy status of the body can show the effectiveness of the plan. If an individual realizes that he or she is happy with their health then it can be considered as an evidence of the plan's effectiveness in addressing the need or problem (NIH, 2008).

Evaluation of potential health risks that may develop if the plan is not implemented The meal planning's goal is reliable and predictable daily intake

of calorie. By religiously sticking to the nutrition and exercise plan, the individuals can expect positive results, however, if the person fails to do so, then there are great chances wherein individuals can gain weight and still live chaotic and stressful lives. The ignorance of the body's needs is foolishness. All can lead to exasperating and tedious side effects and as well as wasteful. 2, 000 Calorie Meal Samples Sample Exercise Schedules Light Exercise Moderate Exercise - For Weight Loss Moderate Exercise - For Muscle Gain References Anderson, J. W., Hamilton, C. C.

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