

Sci 241 personalized nutrition and exercise plan final assignment



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Personalized Nutrition and Exercise Plan Your Name Goes Here SCI 241 Axia College Staying or being healthy is not always as easy as it seems, but with proper knowledge and tools it can easily be achieved. In order for myself to have a more active and healthier life style, I would have to change some crucial things in my current everyday nutrition and exercise routine. With positive changes to my exercise routine and diet,?? I can have plenty of positive outcomes,?? which will assist in my general well-being. One of my main health issues that I need to steer away from is obesity.

What is obesity? It is the excess of fat tissue in one's body. " Obesity is a leading cause of United States mortality, morbidity, disability, healthcare utilization and healthcare costs (The Obesity Society, 2009)". Across the globe, obesity is one of the biggest health issues that many countries have come across. A lot of my close family members are and were (have passed) obese, this is why it is of great importance that I pay extra close attention to components that can intensify my risk of also becoming obese.

I believe that obesity can be based on genetics, but I also know that it is caused by our own poor and unhealthy eating habits that we have lived with since we were children, as well as our past generations. I know that I can break this ongoing cycle that has been passed down one too many times, by just making healthier decisions as to the food that I eat and becoming more active. In order to avoid becoming obese, I would need to set goals for myself. I would need to pay extra close attention to my daily activities as well as my nutritional intake.

A nutritional goal of mine is to attain a daily calorie intake, which is currently at 1800 calories a day,?? in order to calmly get to a healthier weight (My Pyramid, 2010). When I finally attain my “ ideal” weight,?? I will then raise my calorie intake to 2000-2200 calories per day. It is no surprise to me that as I age, my daily recommended calorie intake will fluctuate. As an older adult, I will need to consume about 400 calories less than that of a normal adult (Grosvenor & Smolin, 2006). Another one of my nutritional goals is that I plan on eating a lot more fruits, dairy products, vegetables and complex carbohydrates on a daily basis.

When I first did the food analysis, I saw that I do not eat a good amount of these food groups. This caused a very crucial inconsistency in the intake of my essential minerals and vitamins, such as fiber, iron, vitamin B12, B6 and calcium. I also saw that I had a greater intake of simple carbohydrates as opposed to complex carbohydrates that are actually more fitting for my energy levels and health. My final goal is to eliminate sodas and junk foods. I have also set a goal for myself, to be more physically active for at least one hour or more a day, for at least five days out of the week.

In order to accomplish my goals, I have to start off slow and eventually work my way up, to an everyday “ come to me natural” routine. Just recently, I started a daily food diary; it aids me in keeping track of my daily calorie intake. It also aids me by showing me what recommendations I need and how much of them I need, that way I can fulfill my daily nutritional recommendations. I have also ended the “ junk food cabinet” in my house, not only for myself, but for my kids as well, and that has been very helpful in

keeping the cravings away. Instead of soda, we all drink water or iced tea; we have done away with all the unnecessary calories.

Another crucial change that I will now designate is to make sure I eat more whole grained food, and eat 100% whole wheat bread instead of white, that is full of simple carbohydrates, and is not as healthy. Keeping active and exercising is just as crucial as healthy eating, when it comes down to preventing obesity. My plans are to start doing some strength training and some cardiovascular exercise, on top of keeping busy with my son at home. As far as my cardiovascular exercise I will be walking, swimming, riding a bike, running and using the elliptical machines, which are all available for me to use at my local YMCA.

With these exercises being so adaptable, I can keep doing them as I age, and just adjust my activity levels as I go. Strength training will aid me in building leaner muscles, as well as aiding me in reaching my weight loss goal. I am planning on making myself a workout schedule, so far I plan on doing three days of cardiovascular exercise for thirty to forty-five minutes per day and at least two to three days of strength training that will consist of thirty to forty-five minute workouts.

Also, since I live in San Pedro, CA, and only ten blocks away from the beach, I plan on using the sandy beaches to my advantage for?? very good running sessions, and when it gets to cold, I can go to the YMCA. Just like with any other goals I have ever setup, I know that I will have some obstacles that I will need to overcome, but with the help and support of my family I know that I can do it. Since I have three children it often becomes difficult for me

to go to the gym if my boyfriend is not home on time. But we have sat down and discussed this situation.

We figure if we see that he often comes home from work to late, we can get a family membership at the YMCA and I can just take my kids with me, while I go work out. They have a large variety of activities that my kids can participate in, making things easier for me. Another little obstacle that I might face is having the motivation to go workout by myself. I see that I sometimes will come up with excuses not to workout, since I do not have a workout partner. Well, in order for me to overcome this obstacle, I will be asking a few of my friends who have been wanting to join the YMCA, to join me.

That way we can all give each other the support and motivation we need to keep going and working towards our goals. As of now, I am working towards losing weight in a steady manner in order to reach my ideal “ healthy” weight for my height. Currently, I will need to lose about forty pounds in order to be at my ideal weight for my height and to be healthier overall. After reaching my forty pound goal, I will have successfully done it by following my exercise plan and eating healthy nutritious food. After meeting my goal, I will then need to keep up with my healthy eating and exercise routine in order to maintain my weight.

If everything flows smoothly and according to my planning, then my energy levels should increase, while my stress levels decrease, I should then notice a positive change within myself, and that will only further motivate me to keep going. I strongly think that my new exercise plan and healthy nutrition

will help me by steering myself away from becoming obese. University of Virginia Health System (2007) states that, " Improving eating habits and increasing physical activity play a vital role in preventing obesity. With me changing my unhealthy eating habits and doing a lot more of physical activities, I would significantly lower my risk of being obese. If at this point in my life I do not make these changes, I will increase my risk of progressing a large number of unhealthy side effects. The unhealthy side effects include: type 2 diabetes, sleep apnea, high cholesterol, heart failure and it can also increase the risk of certain cancers (The Obesity Society, 2009). I, in no way want to spend the rest of my life with a hand full of health issues. At this point of my life, failing is not an option, because I have my kids to live for.

By me becoming obese, will only lead to premature death, which is not an option for me, and this is why I will be motivated enough to strive towards my goals. Making easy, small, simple healthy choices will make a significant difference in my health. My exercise plan and personalized nutrition plan is only the beginning for me, to live a healthier more fulfilling life. My most important thing is living as long as I possibly can for my kids. Being healthy will not only make my happier, but I will also look better and I will feel better inside and out, and I will be able to do a lot more with my kids.

I will finally be able to keep up with my kids while they play soccer. I want to be a hands on mom, not a sideline mom. References Grosvenor, M. B. , & Smolin, L. A. (2006). Nutrition: Everyday choices. New Jersey: John Wiley & Sons, Inc. USDA MyPyramid Tracker. (2010). Retrieved June 4, 2010 from <http://www.mypyramidtracker.gov/> University of Virginia Health System.

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