

# The most effective way to conduct a healthy lifestyle

[Health & Medicine](#), [Healthy Lifestyle](#)



## **Proposal**

### **Introduction**

The purpose of my study is to bring attention to the most effective way to sustain a healthy lifestyle for long term fitness, weight loss and maintenance. Although researchers from the American Psychologist Association, for instance, have noted that a healthy lifestyle does in fact result in more successful results rather than a strict diet, many, however, have overlooked the importance of the power of motivation, determination, and thus the altered mindset that needs to be made in order to effectively succeed in long-term weight loss and well-being. This study is relevant and recent to our society as more people in the United States are becoming obese with no means of changing their ways regarding their health. The intended audience I would like to target at through presenting my paper is towards anyone who desires to improve their body in terms of weight loss and fitness. They do not have to be a certain weight or be at any specific fitness level; I aim at sending my message across to anyone who feels a need to alter their lifestyle and who simply need the guidance and motivational push to succeed. Another audience that I plan to target at for potential publication are scholars and journalists that conduct research in the health and wellness field and who may be interested in looking at my work. This issue of lifestyle change and motivational strength interests me as I have recently decided to alter my way of life and gain the determination to become more fit and healthy. After experiencing the process and seeing results, I felt the desire to expose this subject onto a larger audience.

## **Review of Relevant Research**

Since my research is both recent and relevant, I was able to find many current and applicable research articles and studies that will contribute to justifying my work and convincing my audience that I am aware of the conducted research in my area. One article called “ Adherence to Healthy Lifestyle Habits in US Adults” by The American Journal of Medicine examined an analysis of adherence to five healthy lifestyle trends and concluded negative results from three of the five health habits (King, 2009). Another study called “ A Meta-analysis of the past 25 Years of Weight Loss Research Using Diet, Exercise or Diet plus Exercise Intervention” by the International Journal of Obesity conducted an experiment that illustrated that both eating habit alterations and a regular exercise routine showed the greatest change in weight loss and fitness (Miller, 1997). Although I only have one source that has been publicized within the past five years, I still continue to look for more current research articles and studies that I intend to include in my bibliography.

From the sources I have read and cited in my bibliography, the main theoretical approach that authors have used to frame their related issues is a physical approach. They discuss and conduct experiments regarding subjects’ physical aspects in order to record their weight loss and fitness levels like that in the adherence to healthy lifestyle habits study as well as the weight loss experiment. Although I agree with this approach, considering the issue is a physical-based subject, what most authors and researchers are not including is the psychological approach in terms of one’s health and way of life in which I plan on discussing throughout my paper.

**Method**

To answer the question motivating this study, I plan to take notes from books and articles, and come to terms with my own impressions on the issue. I plan on collecting several books and searching through many articles online regarding my subject and take note on what I believe will allow me to better establish my thesis and thus my entire paper. In observing my own impressions, I aim to use my resources and personal experiences to reflect on my inner thoughts in relation to my topic. Since my thesis questions one's motivating force and willpower, recording particular activities and doing archival work will be more difficult to go about compared taking notes and forming impressions. By proposing my thesis on the concept of motivational power regarding one's well-being, I will be able to spur the conversation in an alternative and intriguing way as I contribute a new aspect to the previously done research relating to my issue, which I plan to further support through my note-taking and personal impressions.

**Implications**

The primary significance of my study is to portray the understated method of the power of motivation and determination and its relation to long-term weight loss and well-being. My study contributes to the related conversation as it builds upon the how in how one can achieve weight loss maintenance and fitness which is through the motivational aspect that many researchers have missed out on in their discussion. Although I do aim to target at a scholarly audience that conducts research in this field, my main goal is to impact the fitness realm of society and alter their mindset in terms of

discovering a more effective way to ultimately lose weight and be satisfied with the most fit physique that one believes he can attain.