

# Health assessment

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Health Assessment Introduction Living a healthy life leads to many benefits in life. It promotes the quality of life that one lives, and at times leads to a longer life span. The following discussion focuses on how I live. It points out the healthy habits I adopt in life, as well as the unhealthy habits. More to this, it gives suggestions that I intend to practice, to experience a better life.

### Current Behavior

I wake up early every morning, and jog for about 30 – 45 minutes. Once am back to the house, I do a few exercises, like sit-ups, and body swings. I then relax for a couple of minutes, and then take a glass of water. I then continue to shower, and then enjoy a sumptuous breakfast. I take three slices of bread, an egg, and a small portion of greens with tea for three days in a week. I eat two sausages, cake with tea for two days, and feed on porridge for the other two days. I rarely snack before, or after lunch and dinner.

However, I consume a lot of water before the day ends. I love eating chips, and chicken. More to this, I also enjoy rice with plenty of greens, as well as beans. I rarely take red meat, but ensure that I feed on pork every Sunday. More to this, I eat fruits on rare occasions.

I maintain an inactive social life. I do not hang out with my friends over the weekend. I stay indoors, and spend most of the time sleeping or watching the television.

### Suggestions for Improvement

Given the benefits of a healthy lifestyle, I ought to minimize the time that I spend indoors. Watching the television for long hours affects my life negatively, by reducing it by twenty-two minutes for every hour watched (Jaminet and Jaminet, 375). I should develop an active social life. I should engage myself with my friends during the weekends. We can go swimming <https://assignbuster.com/health-assessment/>

together, or even visit the movies. Such activities can help me deal with the stress at home, as I get to concentrate on productive activities, instead of focusing on the problems between my parents.

Fruits increase body immunity. Consequently, I ought to ensure daily intake of fruits as this improves health potentials. I will also diversify the varieties of fruits to ensure that I gain multiple nutrients and vitamins, for a healthier life. Following the intake of large portions of food in one serving, I purpose to stop the habit as I have learnt from this course that it is an unhealthy habit. Consequently, I plan on take smaller portions of food, at regular intervals, instead of waiting for long hours to feast on plenty of food.

The combination of chips and chicken on a regular basis does not lead to a healthy life, due to the concentration of fats and calories in the food.

Therefore, I am opting for healthier foods to boost my health.

### Conclusion

Conclusively, being healthy promotes one's self esteem. It allows you to bear a positive self-concept, which contributes to a quality life. Despite the odds in life, I shall ensure to keep healthy, by eating a balanced diet, being more socially active, as well as avoid engagement in drugs.

### References

Jaminet, Paul. & Jaminet, Shou-Ching. Perfect Health Diet: Regain Health and Lose Weight by Eating the Way you were Meant to Eat. New York: Simon & Schuster, Inc., (2013). Print.