

# Toolwire



**ASSIGN  
BUSTER**

The immune system factor in both Blake's and Kevin's issues this week helped them by not letting them get sick. Both Blake and Kevin were present around some individuals that were sick. If you have a healthy strong immune system it will fight off infectious diseases. The most common disease that is transferred or caught from one another is a cold. To prevent yourself from catching this infection cover your nose and mouth with your sleeve or shirt. Make sure you have a sanitizer with you at all times.

After you touch a surface of a busy place or like for a good example say you're in a hospital and there are people all around you sneezing and coughing you could go get a face mask and put it on. There are many ways you can prevent getting an infection by carrying hand sanitizer, or wash your hands, cover your mouth and nose around other people who are sick, or just stay home. These are just some suggestions. The immune system plays a very big role in everyone's life. Some people have a very weak immune system unlike Blake and Kevin they could get sick or catch the infection faster than Blake and Kevin.

Q1: 5 From what I have learned I will start eating more healthier foods. I will cut back on going to fast food restaurants. I will get out and exercise more. I will also start reading food labels when I go in the store with my mom to get groceries. I will also tell my mom to start reading food labels and start getting more healthier food such as broccoli, carrots, and more organic type foods. I will also cut back on using salt while cooking. I will try to get outside and exercise more. I will walk for about 3 miles one day. On another day I will jog for about a mile.

Then on another i could ride a bike till i get tired. But before i do all that I will stretch muscles and strat off at a slow pace. Then i will start walking my dogs one day at a time. Walking them all at the same time will not workout. instead of me walking them they will be walking me. But maintaining a healthy diet and excersie daily and stay away from junk food will make you feel better. It will boost up your engery leave and you will be able to do more. Q2: The mainhealthissue in June's apartment was the ventalation system. She found out that her a apartment building was old and had mildew in the are.

This was such an easy problem to fix. She could either move to a different apartment or get a air purfirer. She did not want to move because she did not want to leave her parents. So they brought her a air purfirer. This seems to help her out alot better. She seemed to like that better than having to move and leave her parents behind. The air purfirer works pretty good in June's condition. It kept her from having to move all belongs out of that apartment into a new one. And she would have to try and look for one about the same price or more than what she has to par for her apartment.

It also saved hermoneymfrom having the inspector people come and look at because the mold can real bad and they tell her the can't come back in her apartment for a few days or a few weeks depending on how bad the infestation is. But i think she made a right choice by geting the air purfirer. Q3: This experience of being a health coach improved my understandin of health and wellness by showing me that i need to start eating healthy and making the right decison when it comes to eating. It will also help me stick to a regular diet.

It helped me understand how i could start doing things to better my life. It will help prevent me from getting diabetes, cancer, or developing cardiovascular disease. Being fit and healthy will also change the mood your in. If i was to eat better foods than i do now i wouldn't be grouchy all the time. But it's going to be hard for me to change my eating life style because i'm use to eat non healthy foods. I know this is making my risk high for getting an disease such as diabetes, cancer, or cardiovascular disease or make getting all three at the same time.

Which will be really bad. I'll try to start eating better and getting more help with maintaining a healthy diet. But if eat healthy will help me for getting one of those diseases even though it runs in myfamily i'm up for the challenge. Being healthy is a big part of life. Being healthy will make your days more enjoyable, happier, and full of engery. This will also make you havean positive attitude towards that day and alos towards the people you work with. I think i need to start eating better and i would be less grumpy everyday.