

How statistics has affected my daily life

[Science](#), [Statistics](#)



Statistics and Me Full In our modern world where information is made available every day, statistical information cannot be missed. Health news emphasizes points by using statistics, the world of business includes a lot of statistical data and even food industries use similar information. Such rampant use of statistics actually influences people's lives. Personally, my eating is affected by the statistical information I learn about how food affects people's health. For instance, when a fruit is featured to prevent or even cure certain diseases, I tend to buy the fruit as a part of my diet. In addition, with the increasing number of people around the world suffering from heart diseases caused by cholesterol and sedentary lifestyle, I am also inclined to avoid some food and increase my activities. For example, when I read that even young people are suffering heart attacks and worse, they are also dying from it, I made it a point not to be counted in the statistics. Therefore, I further researched on the kinds of food that can cause heart attack and I try to avoid them. I also increased my food intake of those which help my heart work better to improve the flow of blood in my system. Furthermore, I exercise daily and this activity also includes a lot of statistical information. For example, when I jog, I have to complete a certain number of mileages to see if my strength and stamina are improving. To make sure that I will be in the best of health while I am physically active, I make sure that I am well-hydrated, gulping at least 2 liters of water during my entire workout. Numbers have an interesting way of affecting my mind and decisions everyday and I am thankful about it.