# Exercise and proper eating habit

Exercise and proper eating habit is the foundation of a good and healthy life that is free from any illnesses. Therefore, the reason for selecting for more exercises and more healthy daily choices has been attributed by the fact that I am prone to getting ill due to unhealthy habits that I have picked up over the years. During the process, I hope to learn how to be consistent when it comes to exercises in the sense that, I will begin by working out three times a week then progress to five times a week. Additionally, I hope to learn how to make homemade foods as I am used to taking takeouts, as I cannot find adequate time to make food at home. The rationale behind this is that it is better to be safe than sorry; therefore, instead of ignoring what I need to do to have a healthy life when I grow older it is better to start while I still have the energy.

I cannot say that I have any prior experiences on the same since weight has never been an issue to me. However, from the wellness inventory it is clear that it is not when an individual becomes obese that they begin looking for remedies when it is too late. It is always better to lead a healthy lifestyle. My start date will be on 28th, March 2017 to 14 May 2017 that is about seven weeks.

I intend to enroll in a gym, where I will find an instructor who can assist me in making a meal plan that will help me in achieving my end goal at the end of the twelve weeks. The manner in which I will determine my progress is that during the beginning of the program I will take my bodily measurements, as well as my weight measurements. Then I will make some measurements after every two weeks to establish whether I have made any progress. Additionally, I will consult a doctor who will assist in measuring my body fat and cholesterol, in order to establish the foods that I should keep away with that are not healthy for me. After the seven weeks, I will carry out the whole process of measuring my body and weight to establish whether I have made any changes.

## Sources

### Cobb-Clark, Deborah A., Sonja C. Kassenboehmer, and Stefanie Schurer. "Healthy habits: The connection between diet, exercise, and locus of control." *Journal of Economic Behavior & Organization* 98 (2014): 1-28.

The reason that I chose this article to provide the information that I need to change my health behavior is that it is insightful as it provides the reader with the effects of leading an unhealthy life. The author proposes concerning my topic that most health risks that people are faced with today are mostly associated with the unhealthy behaviors that they pick up as they grow. Therefore, besides looking at the life of an individual now the author looks at it even in the future; thus the reading is future oriented hence good for this project.

### Sharma, Manoj. *Theoretical foundations of health education and health promotion*. Jones & Bartlett Publishers, 2016.

The reason I chose this book is that it looks at the broader perspective of health in terms of the things that makes people to lead and unhealthy life, as well as what can be done to change these unhealthy behaviors. The books provides an insight on health based organizations that an individual can enroll in order to understand what is needed of them when it comes to choosing a healthy lifestyle. Besides this, the book also looks at the models of health promotion and education, thus widening the scope of what I know about health promotion. Concerning the topic that I have selected the author states that it is important for all individuals regardless of their gender to lead a health life to avoid consequences in the future.

## Progress Log

### Week 1

Having begun my behavior change I have realized that it is not something that one can change in a day, but it is a progressive thing. In that, I have to take each day at a time and ensure that I achieve my goal at the end of the project, as well as in the future as I end to go on even after the project. Visiting the doctor and the trainer has made me realize that I have been making bad health choices as the changes that I need to make in terms of the food I take are great.

During the second day of my workout, my whole body ached as I have never exercised or taken exercising seriously. Many are the times that I talked myself into not going back to the gym but I reminded myself that it was for the best. Concerning the food that I should eat, I have realized that there is not more expensive to eat unhealthy than healthy although it is worth it at the end of the day. It is my realization that people eat unhealthy foods because they find it cheap and convenient. However, I hope as the weeks go on I will adapt the changes that I have made on my behavior.

### Assessment

My experience trying to achieve my goal has not been an easier one since I have had to encourage myself to get up early in the morning to do my exercises. Additionally, they say a habit is a disease it is not easy to let go the foods that I have been finding the comfort foods, which are bad for my health. I have learned about self-discipline and self-control during the behavior change experience. The project has helped me understand that I need to take care of myself more than I have because it is for my own benefit. To change my behavior I need to be committed to the things that are positive and ignore the negative things that make me indulge in negative eating habits. In my opinion, the project was worthwhile as I am a new person with a clear view of what is needed of me, as well as how to love myself.