

As part of my health promotional plan, I aim to devote a minimum of 210 minutes to physical activities per week. I am usually quite busy with my work and studies; thus, it was decided to divide that time equally between five to seven days of the week so that my training lasts 30-45 minutes. In order to increase the chances of successful habit acquisition, I thought that it would be best to engage in physical activity approximately at the same time every day. In this regard, previous research indicates that there are slightly more benefits to exercise in the mornings as it is associated with a positive mood and increased cognitive capacity throughout the day (Holden, 2020). Therefore, considering this information and my schedule, I decided to include physical activity in my morning routine before or after breakfast, except for some cases that would be discussed later.

I enjoy several activities, such as walking, dancing, water aerobics, yoga, cleaning, shopping, and bike riding. I think this is the right combination to increase my physical strength, flexibility, stamina, and emotional condition and lose body fatness. For instance, water aerobics can make my muscles stronger, dancing is good for enhancing stamina and creating a positive mood, and yoga can help me to be more flexible. Moreover, cleaning and shopping can significantly reduce my level of stress. However, I would not be able to engage in all of the listed activities in the morning. For example, the dancing classes usually start in the evenings; thus, I will need to schedule them for later in the day.

Now, it is important to discuss which benefits I expect to receive due to a new lifestyle. First of all, by engaging in exercise, I hope to reduce the risk of acute and chronic diseases. Such a positive effect of physical activity has already received substantial scientific support. As such, Phillips et al. (2018) assert that exercising is positively associated with the prevention and control of heart disease, cancer, and diabetes, to name a few. Additionally, I expect to lose some weight and have a fitter body. Finally, through physical activity, I want to achieve a healthier state of mind.

Nevertheless, some external and internal factors can negatively affect my efforts to start a more active life. As for the former, my previous attempts to



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Table of Contents Personal Health Plan Essay

1. Understanding the eBook Personal Health Plan Essay
 - The Rise of Digital Reading Personal Health Plan Essay
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Health Plan Essay
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Health Plan Essay
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Health Plan Essay
 - Personalized Recommendations
 - Personal Health Plan Essay User Reviews and Ratings
 - Personal Health Plan Essay and Bestseller Lists

5. Accessing Personal Health Plan Essay Free and Paid eBooks
 - Personal Health Plan Essay Public Domain eBooks
 - Personal Health Plan Essay eBook Subscription Services
 - Personal Health Plan Essay Budget-Friendly Options
6. Navigating Personal Health Plan Essay eBook Formats
 - ePub, PDF, MOBI, and More
 - Personal Health Plan Essay Compatibility with Devices
 - Personal Health Plan Essay Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Health Plan Essay
 - Highlighting and Note-Taking Personal Health Plan Essay
 - Interactive Elements Personal Health Plan Essay
8. Staying Engaged with Personal Health Plan Essay
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Health Plan Essay
9. Balancing eBooks and Physical Books Personal Health Plan Essay
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Health Plan Essay
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Personal Health Plan Essay
 - Setting Reading Goals Personal Health Plan Essay
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Health Plan Essay
 - Fact-Checking eBook Content of Personal Health Plan Essay
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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