

Essay Sample on Physical Exercise: A Vital Step for Healthy Living Essay

Introduction

Physical exercise is one of the activities that improve individual health and well-being. Aside from other activities such as reading, walking, and sleeping, physical exercise improves a person's health thereby increasing their chances of exhibiting a healthy life. Some of the physical activities may include jogging, nature walk, going to the gym and doing aerobics to improve blood flow in the body as well as the mental capability. In most cases, physical exercise is what every person want to do to relax their mind also to improve their social well-being. Through engaging in sports, people get an opportunity to interact with each other and to share their health and mental well-being (Steger, Kashdan & Oishi, 2008). During free time, every person often wants to maximize their time in different activities that can increase their happiness. The activities thus differ depending on the interest of a person. As an individual who value physical exercise or sports, when I have a free day to do whatever interests me and brings happiness, I would choose to engage in physical exercise. In other words, I would choose to go jogging from morning to evening, and in the process, I would also initiate the interaction and socialization with other people involved in the same activity.

One of the main activities that I would engage in is physical exercise. Specifically, jogging will improve both my physical and psychological well-being. As a result, the above condition will enhance my happiness and social skills. Through sports, I would be able to refresh my mind and also improve my physical well-being. The physical exercise can improve the moods of an individual and increase happiness in the long run.

In most cases, people who exercise daily possess a healthy and happy life. In other words, they tend to possess good communication skills; they are outgoing and able to relate well with other people. Therefore, through engagement in the physical exercise, I will be able to increase not only happiness but also the general improvement of an individual in all aspects of life. Right from the morning to the evening, on a free day, I will get engaged in various activities that pertain to physical exercise (Stevenson & Wolfers, 2009). Some of these activities may include involving others in the process of socialization; a situation that will, in turn, create mental well-being. Sports characteristics expressively moderate the relationship between participation in sports and juvenile felony. In adolescents, sports participation and delinquency are essential developmental themes for the individuals in the adolescent stage.

In most cases, well-being is characterized by different things, which may be physical, psychological, and mental. Sports thus tend to improve almost all the above status in every person. In addition to the above characteristics, sports improve skills as well as the reasoning of every person. Therefore, it improves all aspects of an individual. Sport is an effective tool in reversing and preventing felonious behaviors among adolescents and children (Stevenson & Wolfers, 2009). Through engaging in different sporting activities and recreations, there is always the support of positive character essential in developing important factors of juvenile delinquency. Engagement in sports programs can reduce specific risk factors of juvenile delinquency and escalate protective factors for youth development. In other words, participation in sporting events enables children and those in the adolescent stage to develop social behaviors and in the end, protect them from juvenile

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web the reductive knife making process is the easiest and most accessible way of making your own knives in your garage or backyard basically you will start with a piece of bar stock steel or theoretically any hard material that you wish to make a knife from and you will progressively reduce material until you have the desire form shape

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web jul 5 2016 the author gives clear simple processes for making 3 sorry 4 knives of various styles these use easy to get everyday materials and simple inexpensive tools he also teaches the reader to make micarta a popular handle material and includes tutorials on building not one but two types of forges for heat treating your blades

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web jun 25 2021 some knife makers prefer the simple method of heating their blades with a torch but if your blade is over five inches heat treatment at the constant temperature of 1000 degrees can be difficult if there s any inconsistency in hardness the blade won t hold its edge you need a more reliable heat source as a beginner knife maker

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web oct 30 2020 so if you re looking for a video on how to make a knife this one is for you my goal with this tutorial was to show multiple different methods for each st

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web step 1 design the knife sketching the design of the knife is probably one of the most important stages of this process remember you are going to spend many many hours making this thing perfect so it is definitely worth spending some

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web in this video knifemaker walter sorrells gives his line up of the first ten tools that you ll need in order to make knives it might surprise you that most of these tools are not expensive

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web step 1 first thing s first design the blade the design of your knife is the single most important element of its construction in my designs i try to find the best compromise between functionality and looks

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web dec 15 2022 take a plate of carbon steel about 3 16 inch thick also to craft your knife handle you ll need such material as wood bone leather cord stone or maybe even gold gems or mammoth ivory precious wood such as ebony will be great for a handsome knife pins or rivets and epoxy adhesive will be needed to affix the handle

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web assuming you have no tools this is what you would need to make simple knives by stock removal workbench 5 angle grinder cutting and shaping blanks 1mm angle grinder discs great for cutting out shapes good set of files shaping bevels sandpaper 180 320 and 600 grit small drill press difficult to make straight holes without one

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web jan 14 2022 the hardening process transforms the elemental iron and carbon in the steel into iron carbide cementite steels below 0 35 carbon that cannot readily be hardened are known as mild steels the eutectoid point and the subsequent properties of the steel can be altered by adding other elements to the basic iron carbon content

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web jul 13 2023 pre cut blade blanks image credit pixabay if you are an experienced knife maker or want to make your knife

entirely on your own you can skip this tool otherwise you may want to consider buying pre cut blade blanks

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web jun 19 2023 part 1 design the blade download article 1 draw the blade use graph paper to design the shape of your blade try to keep it as close to actual size as possible to ease construction get creative with your blade design but keep functionality and practicality in mind 2 decide on blade length

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web mar 7 2018 about design it s been said that good designs evolve and i believe it when i got started in knifemaking i didn t have one clear thought about design i grabbed the only suitable knifemaking material i could find and went to work grinding on it there was no thought as to knife proportions or design principles

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web basic knife making first shows how to obtain some basic tools by explaining how to build a simple charcoal fueled forge either a temporary brick forge or a different style made from a small barbeque grill to this is added a makeshift anvil tongs made from large nippers and a modified cross pein hammer and you re ready to forge

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web the art of making knives knife making is the art and craft of creating knives by various methods such as forging stock removal forge welding or casting knifemakers use different types of metals such as carbon steel stainless steel tool steel or damascus steel as well as natural or synthetic materials for the handles such as wood

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web step 1 tools you can go super basic here or use a bunch of power tools i went basic because i had to tools i bought a 30 angle grinde r to do most of the cutting and shaping of course you can just use a hack saw too but that s a lot of work i used a metal cutoff disc for the rough cutting

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web may 1 2023 basic knife making techniques heat treating is an important step in knife making as it is used to harden and temper the steel to the desired hardness and toughness grinding involves shaping the blade profile and can be done using a grinding machine or belt grinder