

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



Personal Health Plan Essay

Christian G. Meyer



Personal Health Plan Essay:

The book delves into Personal Health Plan Essay. Personal Health Plan Essay is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Personal Health Plan Essay, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Personal Health Plan Essay
 - Chapter 2: Essential Elements of Personal Health Plan Essay
 - Chapter 3: Personal Health Plan Essay in Everyday Life
 - Chapter 4: Personal Health Plan Essay in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Personal Health Plan Essay. This chapter will explore what Personal Health Plan Essay is, why Personal Health Plan Essay is vital, and how to effectively learn about Personal Health Plan Essay.
3. In chapter 2, the author will delve into the foundational concepts of Personal Health Plan Essay. The second chapter will elucidate the essential principles that must be understood to grasp Personal Health Plan Essay in its entirety.
4. In chapter 3, the author will examine the practical applications of Personal Health Plan Essay in daily life. The third chapter will showcase real-world examples of how Personal Health Plan Essay can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Personal Health Plan Essay in specific contexts. This chapter will explore how Personal Health Plan Essay is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Personal Health Plan Essay. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Personal Health Plan Essay.

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