

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

Rachel Sandford



Personal Health Plan Essay:

Teaching Middle School Physical Education Bonnie S. Mohnsen, 2008 This text describes how to create a programme that addresses the specific needs and capabilities of middle school students while helping them through the transition from childhood to young adulthood This edition is fully updated and revised

Beyond Ideology , Cultivating Professional Resilience in Direct Practice Jason M. Newell, 2017-09-26 Overwhelming empirical evidence indicates that new social workers particularly those going into child welfare or other trauma related care will discover emotional challenges including the indirect or secondary effects of the trauma work itself professional burnout and compassion fatigue However the newly revised CSWE Educational Policy and Accreditation Standards EPAS does not mandate the inclusion of content related to self care in social work curriculum or field education In a textbook that bridges the gap between theoretical and pragmatic approaches to this important issue in human service work Jason M Newell provides a potential resolution by conceptualizing self care as an ongoing and holistic set of practice behaviors described as the key to professional resilience To address the effects of trauma related care on direct practitioners Newell provides a comprehensive competency based model for professional resilience examining four key constructs stress empathy resilience and self care from a range of theoretical dimensions For those who work with vulnerable populations the tendency to frame self care solely within organizational context overlooks the importance of self care in domains beyond the agency setting Alternatively he uses a framework grounded in the ecological systems perspective conceptualizing self care as a broader set of practice behaviors pertaining to the whole person including the physical interpersonal organizational familial and spiritual domains of the psychosocial self Alongside professional self care practices at the organizational level Newell makes a case for the pragmatic role of recreational activities time with family and friends physical health spirituality and mindfulness The application of a comprehensive approach to self care practice has potential to empower practitioners to remain resilient and committed to the values mission and spirit of the social work profession in the face of trauma

On the Preservation of Health; Or, Essays Explanatory of the Principles to be Adopted by Those who Desire to Avoid Disease Thomas Inman (M.D.), 1872

The Implementation and Sustainability of the New Government-administered Community Living Assistance Services and Supports (CLASS) Program United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Health, 2011

Health planning reports subject index United States. Health Resources Administration, 1979

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Application Essays, Second Edition Lauren Sullivan,The Staff of The Harbus,2009-08-04 Updated and revised essays that got their writers into Harvard the 1 business school in the country as compiled by the editors of the school s newspaper with tips and strategies to help readers do the same there or elsewhere YOUR LIFE IN 300 WORDS OR LESS It s a daunting task Even the most seasoned professionals find business school application essays to be among the hardest pieces they ever write With a diverse pool of talented people applying to the nation s top schools from the most successful companies and prestigious undergraduate programs in the world a simple biography detailing accomplishments and goals isn t enough Applicants need clear and compelling arguments that grab admissions officers and absolutely refuse to let go To help them write the essays that get them accepted into Harvard or any of the country s other top programs the staff of The Harbus HBS s student newspaper have updated and revised their collection of sixty five actual application essays as well as their detailed analysis of them so that applicants will be able to Avoid common pitfalls Play to their strengths Get their message across Wherever they are applying the advice and tested strategies in 65 Successful Harvard Business School Application Essays give business professionals and undergraduates the insider s knowledge to market themselves most effectively and truly own the process *The General Practice Journey* Tim Swanwick,Neil Jackson,2003 This comprehensive book provides up to date information examining the breadth and depth of postgraduate general practice education at the outset of the 21st century It includes many keynote contributions from representatives of the Department of Health undergraduate medicine and the

Royal College of General Practitioners The journey of general practice is challenging and eventful from undergraduate education through vocational training and on to the Higher Professional Education HPE This book provides guidance for readers to benefit from the changing structures of general practice by sharing knowledge and best practice on education and professional development It is essential reading for all general practitioners involved in training and all members of the primary healthcare team facing change and opportunities within their organisations The American Economic Review, 1980 Includes annual List of doctoral dissertations in political economy in progress in American universities and colleges and the Hand book of the American Economic Association Infocrime Eli Lederman, 2016-03-25 It has often been said that information is power This is more true in the information age than ever The book profiles the tools used by criminal law to protect confidential information It deals with the essence of information the varieties of confidential information and the basic models for its protection within the context of the Internet and social networks Eli Lederman examines the key prohibitions against collecting protected information and against using disclosing and disseminating it without authorization The investigation cuts across a broad subject matter to discuss and analyze key topics such as trespassing and peeping the human body as a source of information computer trespassing tracking and collecting personal information in the public space surveillance privileged communications espionage and state secrets trade secrets personal information held by others and profiling and sexting Infocrime will appeal to graduate and undergraduate scholars and academics in the legal arena in law schools and schools of communication and to practicing lawyers with an interest in legal theory and a concern for the protection of the personal realm in a world of increasingly invasive technologies **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1977 Innovative Strategies in Teaching Nursing Emerson Ea, Celeste M. Alfes, 2020-04-10 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller This innovative text delivers more than 40 evidence based teaching strategies that educators can use to engage nursing students and enhance their learning in a variety of teaching environments It provides a wealth of new teaching designs both novice and experienced faculty can use to inspire and motivate learners in the classroom through simulation online and in community or hospital settings Strategies developed by leading clinical nursing and health educators characterize nursing education as a dynamic and highly specialized field that stems from meaningful interactions between learners and educators For ease of comparison each practical teaching strategy is organized in a consistent format to include student centered competencies and nursing education accreditation standards The text also provides a template and a step by step guide on how to customize the strategies to fit the needs of learners and educators The designs include an emphasis on applications of technologically enhanced innovations in nursing education interdisciplinary collaboration and the use of the humanities and art This text answers the ongoing call for interprofessional education necessary to prepare the next generation of expert nurses in the rapidly changing environment of healthcare Key

Features Evidence based research used in the development of each teaching strategy Groundbreaking practices in a variety of environments will challenge the discipline and spark additional innovations throughout nursing Each chapter provides optimal learning outcomes and teaching objectives preparation resources modules of implementation methods to evaluate the effectiveness of each strategy outlined limitations and accreditation standards Instructor s Manual included

Cumulated Index Medicus ,1968 Mysteriously Missing College Courses John M. Memory Ph.D. J.D.,2018-11-15 The 74 year old author John M Memory realized in recent years that he has much important information that is seldom or never taught in college and university courses After checking course descriptions of a major university in the Southeast he undertook writing this book Though John is not a health expert he has had significant scholarly and professional experiences relating to health that have helped him in writing the 17 chapters about health John learned much from using non medical life style approaches in preventing the fifth through the second most feared diseases diabetes stroke heart disease and Alzheimer s For example he rejected his doctors recommendations of taking a statin drug and instead has performed a heart and brain health routine he developed in 1982 with excellent results Regarding the most feared disease cancer he learned in 2018 that long after failed prostate surgery and radiation treatments three alternative holistic anti cancer approaches have stopped the advance of his aggressive recurrent prostate cancer In other chapters John discusses the dangers posed by rampant ethnocentrism and xenophobia how to teach moral behavior to children the joys of frugal living the importance of moral courage in work and government origins of religion the importance and challenges of high risk activities and decision making and much more Since many people will disagree with him on one or several subjects John hopes that readers will focus on chapters that can be most helpful for the reader Join the author on a thought provoking journey that revolves around Mysteriously Missing College Courses **Social Security, what Changes are Necessary?** United States. Congress. Senate. Special Committee on Aging,1981 **The Journal of the National Education Association** National Education Association of the United States,1929 Newsletter ,1978

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