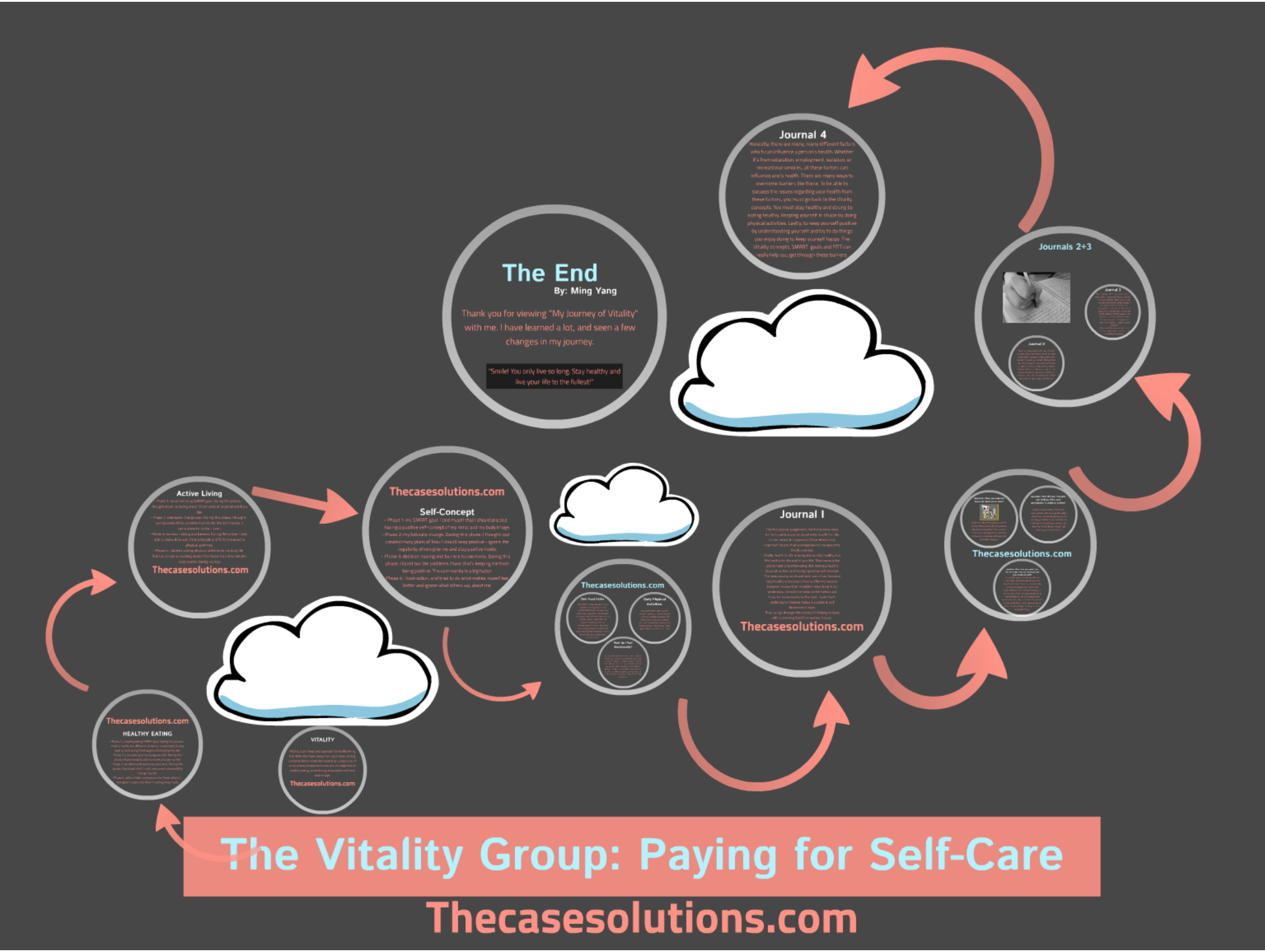
The End
By: Ming Yang
Thank you for viewing "My Journey of Vitality" with me. I have learned a lot, and seen a few changes in my journey.
"Smile! You only live so long. Stay healthy and live your life to the fullest!"
Journal 4
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which can influence a person's health. Whether it's from education, employment, isolation, or recreational services, all these factors can influence one's health. There are many ways to overcome barriers like these. To be able to surpass the issues regarding your health from these factors, you must go back to the Vitality concepts. You must stay healthy and strong by eating healthy. Keeping yourself in shape by doing physical activities. Lastly, to keep yourself positive by understanding yourself and try to do things you enjoy doing to keep yourself happy. The Vitality concepts, SMART goals and FITT can really help you got through these barriers.

Journals 2+3

Journal 3

Journal 2

Active Living

- Phase 1: an active living SMART goal. During this phase, I thought about me riding about 10 minutes of physical activity a day.
- Phase 2: a behavior change plan. During this phase, I thought and planned of the activities I will do for the 10 minutes. It came down to cardio - arms
- Phase 3: decision making and barriers. During this phase, I was able to make time out of my schedule and fit 10 minutes for physical activities.
- Phase 4: I started adding physical activities to my daily life from as simple as walking around the house for a few minutes once a while during my day.

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Self-Concept

- Phase 1: my SMART goal. I told myself that I should practice having a positive self-concept of my mind, and my body image.
- Phase 2: my behavior change. During this phase, I thought and created many plans of how I should keep positive - ignore the negativity others give me and stay positive inside.
- Phase 3: decision making and barriers to overcome. During this phase, I listed out the problems I have that's keeping me from being positive. The community is a big factor.

Phase 4: I took action, and tried to do what makes myself feel better and ignore what others say about me.

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Body Food Wishes

Daily Physical Activities

How do I feel Emotionally?

Journal 1

The first journal assignment, the instructions were for me to write a journal about what Health for Life is to me as a family, and so, I have listed many important factors that are important to me about the Vitality concept.

Finally, health for life is being able to stay healthy and life healthy for the rest of your life. This means to be able to have a healthy eating diet, having a healthy physical routine, and having a positive self-concept. The actions why we should take care of our lives and stay healthy is because of many different reasons. However, I know that I shouldn't keep living in the yesterdays, I should live today to the fullest, and hope for tomorrow to be the best. Success from yesterday's mistakes, today is a lesson it, and tomorrow, a future.

Thus, as I go through this course, I'm hoping to leave with something that I'll remember forever.

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HEALTHY EATING

VITALITY

Vitality is an integrated approach to healthy living that is: Physical factors away from significant, clothing and protection exercise towards an acceptance of ourselves, body shapers and sizes, and an emphasis on healthy eating, active living, and positive mental and body image.

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The Vitality Group: Paying for Self-Care

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VITALITY

Vitality is an integrated approach to healthy living that shifts the focus away from rigid ideas, dieting, and prescription exercise towards an acceptance of various body shapes and sizes and an emphasis on healthy eating, active living, and positive self and body image.

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HEALTHY EATING

- Phase 1: a healthy eating SMART goal. During this phase, I tried to realize the different nutrients I must intake to stay healthy and having the thoughts of changing my diet.
- Phase 2: a behavior plan to change my diet. During this phase, I have created a plan to slowly change my diet.
- Phase 3: decisions and barriers to overcome. During this phase, I found out what I must overcome to successfully change my diet.
- Phase 4: actions taken and reasons for these actions. I have given reasons for why I'm eating these foods.

Active Living

- Phase 1: an active living SMART goal. During this phase, I thought about including about 30 minutes of physical activity a day.
- Phase 2: a behavior change plan. During this phase, I thought and planned of the activities I will do for the 30 minutes, it came down to cardio - a run.
- Phase 3: decision making and barriers. During this phase, I was able to make time out of my schedule and fit 30 minutes for physical activities.
- Phase 4: I started adding physical activities in my daily life from as simple as walking around the house for a few minutes once a while during my day.

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Self-Concept

- Phase 1: my SMART goal. I told myself that I should practice having a positive self-concept of my mind, and my body image.
- Phase 2: my behavior change. During this phase, I thought and created many plans of how I should keep positive - ignore the negativity others give me and stay positive inside.
- Phase 3: decision making and barriers to overcome. During this phase, I listed out the problems I have that's keeping me from being positive. The community is a big factor.
- Phase 4: I took action, and tried to do what makes myself feel better and ignore what others say about me.

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Daily Food Intake

During the five days I've kept myself recorded, I've noticed I don't eat breakfast half the day. The reason for that is I wake up around noon because it's summer and I love my sleep. I noticed that during lunch, I would include legumes, protein (meat), and carbohydrates. Then for dinner, I see myself eating protein (meat/fish) and quite a few servings of legumes. I would also include soups, and at times, carbohydrates.

Daily Physical Activities.

During the week I have recorded myself, I haven't spent much time on my physical activities. However, I still include a little bit of exercise before I go to bed. All the days I have recorded myself, I've been doing 30 push-ups a night, followed by a 30 second plank.

How do I feel Emotionally?

Throughout the week that I've recorded myself, I've noticed that most days, I would feel either stressed, annoyed, irritated, or I'm just not happy. I think the reason for that is because I haven't found out how to balance out what I love doing and what I dislike doing. For example, on a day where I have chores to do, I'd really dislike the day because I have less time on doing what I actually love doing such as editing, drawing, etc..

Journal I

The first journal assignment, the instructions were for me to write a journal about what Health For Life to me means. In my journal, I have listed many important factors that are important to me about the Vitality concept.

Firstly, health for life is being able to stay healthy and life healthy for the rest of your life. This means to be able to have a healthy eating diet, having a healthy physical routine, and having a positive self-concept.

The reasons why we should take care of our lives and stay healthy is because of many different reasons. However, I know that I shouldn't keep living in my yesterdays, I should live today to the fullest, and hope for tomorrow to be the best. "Learn from yesterday's mistakes, today is a present, and tomorrow is hope.

Thus, as I go through this course, I'm hoping to leave with something that I'll remember forever.

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Question: Have you selected lower-fat foods more often?

I have actually been trying my best to eat low-fat foods as often as possible. See the picture above? Foods such as chips, salad dressing, dips, I would try to choose the package with lower-fat and sodium/sugars.

Question: How did your thoughts and feelings affect your participation in physical activity?

Lately, I've been taking 30 minutes runs outside in the evening. Everyday I would have a hard time getting up and actually go outside to run, but once I'm half way in, I would feel motivated. By the time I finish the run, I would feel amazing, and accomplished!

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Question: Who have you spent time with this week who has made you feel good about yourself?

I've actually spent a whole day with my friend, Ivan, and he introduced me to his other friend, Kevin. These two made my day feeling amazing because they're not judgemental people. I enjoyed hanging out with the two of them because we got along well, we joked around a lot, and we care about each other when one's hurt. They made me feel good about myself because they've been complimenting me telling me I'm a really good friend.