

Self Reflection After Taking Physical Education

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After learning about the basic fitness concepts, I have decided to change my lifestyle. I learned about the basic exercise moves and different techniques to working out, however; the most that I take away from this class are the nutrition ideas. I have always eaten relatively healthy, and I participate in physical activity everyday; however, after completing the nutrition project and the mindless eating mini research project I have learned that I am not as healthy as I believe myself to be. I plan on changing all aspects of my diet like the foods I consume, how much I consume, and being healthy overall.

One thing that I learned after taking physical education this semester was how little we each realize we eat when we are completing another activity while doing it. I recognized that I eat constantly when I am watching television, or when I am on my laptop. Brian Wansink says, “We overeat because of family and friends, packages and plates, names and numbers, labels and lights, colors and candles, shapes and smells, distractions and distances, cupboards and containers (Wansink, n.d.)” This shows that overeating is related to numerous factors and in order for people to control these factors then we have to recognize when we participate in mindless eating. We have to monitor our eating habits and our environmental factors when eating. There are four aspects that are important within one’s environment when eating like, eating duration, effort when eating, company when eating, and distractions when eating (Beating Mindless Eating, n.d.). I believe that from now on I will try to control my eating environment. I will try to fix the duration of time I eat and will only eat until I feel full, not once I finish my plate. Increasing the effort that one eats, leads to a lower amount eaten (Mindless Eating, n.d.). Also, if I socialize while eating then I have to be able to control my consumption because this is a distraction that could cause me to eat more. Lastly, I need to contain my distractions when I eat

because this is a huge problem that I have when I eat. I always seem to get distracted when I am eating either by friends or just looking around at my surroundings. I truly believe that if I control these factors of my environment when I eat then I can lower my food intake everyday and eventually control my diet.

I need to not only control how much I eat, but also what I eat. I need to cut back in the saturated fats and look towards getting more nutrients out of my foods. For example, I need to expand my food horizons. So, one way I could do this could be by trying fish. I don't like fish, but its very good for you. Seafood has "special benefits for the heart," and is a good protein to supplement for red meat (Food Pyramids and Plates, n.d.). Also, I need to eat more whole grains because these are the best sources for carbohydrates. I could include more whole grains by trading out pasta noodles and rice for whole-wheat pasta and brown rice. Another huge issue in my diet is the intake of fruits. I love vegetables, and could eat them anytime and any day, but fruits are a different story. I do not like many fruits and they are also hard to keep in my dorm room. I love bananas and strawberries, but hate all melons. I need to try more fruits and then hopefully I can find something I like and can eat as snacks rather than processed foods. Fruits are very important in a person's overall diet because they provide all natural vitamins and numerous nutrients (Rosenbloom, n.d.). In addition, fruits provide natural sugars that one cannot get from anything but fruits. I really love blueberries and would love to eat more of them on a regular basis because they are shown to have the best antioxidant activity overall other fruits (Rosenbloom, n.d.). I truly believe that if I can change my diet by adding more nutrient rich food then I can improve my overall health.

One of my overall goals in life is to be healthy and to look good inside and outside. I work out everyday by going to the gym and running a few miles on the track or the elliptical. I

also do different strengthening activities for my arms, back, legs, and shoulders. Sometimes I feel like working out everyday is not enough, so I want to change my diet to feel better overall. I need to look at portion size, and the foods I consume, but I also need to try different tactics in accomplishing both of these ideas. One thought is to include vegetables and fruits in more main dishes like “spinach in pasta” (How To Eat Healthy, n.d.). Another idea is to pre cut slices of fruits and vegetables into little zip lock bags for on the go snacks. This provides the same advantages of processed foods like easy accessibility. One change that I have already implemented in my life has been cutting soda out of my diet. I occasionally have a cup when I go out to eat, but have been drinking water in a more regular basis these days than I did a year ago. I am super proud of this change and has also been a huge inspiration in changing other parts of my diet. Also, by removing fried foods from my diet and incorporating more grilled and baked foods can lead to a healthy food intake. Lastly, by changing dessert from sweets and solid fats to fruits can be another great way to change overall health (How To Eat Healthy, n.d.). Many fruits are naturally sweet so by including another serving into my diet could add more nutrient rich foods. All of these tips and ideas can make a huge impact in my life and I hope to implement them as much as possible over the summer when I have a more regular food schedule.

My family has always been very healthy people, but I have always taken advantage of the fact that I have a high metabolism. However, after coming to college and experiencing a not so normal food schedule, I have come to realize that I need to take more responsibility over my health. If I look at portion size, and eating a diet full of nutrients then I can take that control that I need to have with my diet. Also, once I implement this in my life, and get into a regular schedule then I will always eat healthy. I want to feel good inside and outside, and I believe by taking control of my diet that I can accomplish my goals.

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