Health Trajectory

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A health trajectory gives an idea about the status of current health or illnesses with which an individual might be battling (Cavanaugh & Blanchard-Fields, 2018). Additionally, a health trajectory tells about whether or not an individual would contract a certain disease based on the analysis of symptoms that may appear before time (Cavanaugh & Blanchard-Fields, 2018). The prime responsibility of a college student is to remain active during the years of adulthood so that they do not suffer from chronic and deadly illnesses later in their old age. Based on the current health status of me and my family, it can be concluded that I would live long enough barring unforeseen deadly accidents. There are no serious health-related issues found in my family that can jeopardize my health trajectory. Therefore, I am likely to be affected by my optimal aging. Optimal aging is the slow or normal rate of aging of the skin, cardiovascular system, respiratory, and musculoskeletal system. The curveball can bear detrimental effects on the health of an individual. A curveball requires a mix of skill and prowess along with multiple parts of the musculoskeletal system to deliver. Although it has been scientifically proven that the curveballs are not dangerous but individuals must exercise caution because they are not entirely safe either. The effect of the curveball on my health can be that I can be experiencing uncalled for fatigue during my normal days when I am not throwing curveballs. This fatigue can prove to be a blueprint of any injury that might be waiting for me in the future. To slow down the detrimental effects of the curveball on my health, I must strive to stay in the best shape possible.

The current health of an individual can describe a lot about the state of the physical activity, dietary patterns and future health-related issues that might confront the individual (Cavanaugh & Blanchard-Fields, 2018). At the moment, I have no any health-related issue that I should be worried of. Therefore, I would experience normal aging in my later years. Socioeconomic status of an individual is another determinant in the health trajectory (Cavanaugh & Blanchard-Fields, 2018). Individuals living in poverty experience diseases that tend to harm their health and increase their aging process. Most of the times, individuals suffering from poverty experience impaired aging. However, I am thankful to God as I belong to a family with a sound financial status. This means that I am less susceptible to diseases than individuals mired in poverty.

Having diseases run in the family can put individuals at increased risks of getting the same disease (Cavanaugh & Blanchard-Fields, 2018). My family does not have a history of any sort of disease that I should be worried about. Had my family any suffered from any disease then I should have been at increased risk of getting that disease too. For now, I might be experiencing optimal or normal aging of the skin and other systems.

Health habits and dietary patterns can give an insight into the lifestyle of an individual (Cavanaugh & Blanchard-Fields, 2018). As I am an active participant of the college baseball team, I have to exercise to keep myself in great shape. The only issue that I might experience the latter in my life is the negative effect of a curveball on my musculoskeletal system. I might experience impaired aging in my musculoskeletal system.

**References**

Cavanaugh, J. C., & Blanchard-Fields, F. (2018). *Adult development and aging*. Cengage Learning.