Health Behavior Changes

 [Name of the Writer]

[Name of the Institution]

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***Introduction***

In life, there are some changes that every person needs to adopt for enjoying good and physically fine health. Changes in life are most likely to be adapted according to the stage or stage in life as well as according to the routine activities in daily life. Bringing positive and highly important changes in life "which may be a physical change or mental or psychological changes" puts extremely good impacts on an individual's life and living. For me, the most important, crucial and behavior changes which are needed to be brought in my life or I would like to make are; 1). To Adjust Sleep, 2). Reduce Body Weight and Increase my Height.

By discussing the reason or answering the question of why I need or want to make these behavioral changes. I would like and want to make these changes to make my life more comfortable in terms of physical fitness, physical activeness and to have an impressive and well-looking personality. Having a good and well-looking personality is an important thing for me to consider because it may help me in my professional life and career.

***Body***

Going to details, the main three changes which will be made in the coming or next year is to adjust my sleeping timings and settle it according to my daily or routine activities. The second this I will be adapting in the coming year is to reduce my weight or loss weight while the third change is to increase my height a bit. In the class, I have been with many benefits of mentioned changes and how they can affect my personality and life positively.

The process which will be involved in making these changes include “but may be different in special circumstance or situations”.

For the goal of adjusting sleep timing, I would be working on defining all of my daily activities and major responsibilities (if any) and I would be defining and setting timings for each activity. Those activities would be prioritized which usually happen in my daily life. So in this way, I would have proper timing and schedule that would I would be totally free to go to bed or what are my actual sleeping hours. For reducing or losing weight, the process highly includes jogging after lunch and dinner through which I could lose my weight up to 7 kg till the end of the coming month. For this habit the timing of jogging (each one "after lunch and dinner") will 25 to 35 minutes. Sometimes or in a special situation, the timings of jogging can be changed as on the situation. Like in case of eating fast food or a bit heavy food the jogging time after that particular lunch or dinner maybe 30 to 50 minutes. These things will be decided on the mood as well as on the case which I would have at hand. Beyond that, I will also be trying to keep away myself from fast food and for this change (weight loss) I have already worked on decreasing the use of fast food from last 4 to 5 months.

For the purpose of increasing height, I will be increasing the current running time up to 20 minutes per day as well as I will do proper set up for hanging up my body, etc. the target is to increase the height up to 3 inches in coming two months.

***Conclusion***

It has been concluded that these changes will be very fruitful and beneficial for my health and physical activeness but it cannot be ignored that some barriers might come in adopting these changes. These barriers may be lack of timing because of a busy life and it is difficult to change food preferences etc. for eliminating or handling these barriers, I will need to put myself in a bit tight situation for some day or weeks to adapt these changes then I will not have any issue going with them.