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**Case Study**

The 55-year-old man is sedentary, obese and uses processed food. He himself is feeling down about his health and wants changes in lifestyle to acquire a healthy lifestyle. His health background indicates that he does not have any diagnosed diseases, however, his both parent had cardiovascular disease. The information of the person explains his current condition which is at risk due to the use of more processed food with no such physical activity. The greatest risk of his health is towards cardiovascular disease. The reason behind the risk of cardiovascular disease is the current lifestyle and the parents’ health background. He uses processed food which contains salt, sugar and fat and lack minerals, vitamins, and fiber. It results in high chances of obesity where he is already obese and there are the chances of high blood pressure which may result in diabetes and heart disease. The risk is high because his parents also had the cardiovascular disease which increases the chances for him that he may also inherit the disease.

The person has to change his lifestyle to minimize the chances of cardiovascular disease. For the purpose, he requires to adopt healthy food full of nutrition and some physical activity to lower body fat and enhancing stamina. He needs a proper strength training because physical inactivity can be the serious cause for his bad health. He should perform aerobics each day in order to obtain benefits of exercise. Both moderate and vigorous intensity aerobic is necessary for him as physical activity recommendations. For moderate-intensity aerobic activity, he should spend 150 minutes every week and for vigorous-intensity aerobic activity, 75 minutes per week is necessary. In addition, muscles-strengthening activity is required because his current lifestyle lacks of physical activity and he is sedentary which can make his body muscles weak. He should perform muscle-strengthening activities at least two times a week and it does not require consultation of a physician. However, aerobic activities require physician for client's counseling to avoid any physical injuries during exercise. Therefore two types of exercises that are aerobic activity and muscle-strengthening activity which are useful for the client to perform. It will help client to increase his stamina, muscular strength, reduce body fats. In other words, these exercises are helpful to maintain the blood pressure, weight, cholesterol level, and energy level which is important to cut the risk of cardiovascular disease (Insel, Paul M, 2018).

In addition to the physical activity, balance and healthy diet are necessary for the client. Firstly, the client has to stop using preserved food which is harmful to his health and he should use the Mediterranean diet which helps in reducing cardiovascular mortality. Mediterranean diet consist of the food includes; food, vegetable, and olive oil. Fruit and vegetable help contains folate, fiber, vitamins, and potassium which individually or collectively responsible for the reduction of cardiovascular disease risk. Some healthy food for increasing heart health is green vegetables, fruits, beans, whole grains, fatty fish, fish oil, and olive oil. The client should avoid food which contains a high amount of saturated fatty acids. Preserved foods, dairy food items, and meat contain a high amount of saturated fatty acid, therefore, should be avoided or taken in a minimum amount. The client really needs to understand and gather knowledge about the type of food he should intake and he should avoid because his present dietary schedule indicating that he is not aware of his bad health due to the excessive use of preserved food. He should select five or more servings of vegetables and fruit every day. In addition, eating fruits would help meet his needs rather than drinking juices. All these innovative learning technologies are helpful for him to learn and make a choice for a healthy lifestyle.

# Works Cited

Insel, Paul M, Walton T. Roth, and Claire Insel. Connect Core Concepts in Health: Brief. , 2018. Retrieved from; https://cloviscollege.worldcat.org/title/connect-core-concepts-in-health-brief/oclc/961213671?referer=di&ht=edition