Biology and life sciences

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The document aims to answer the questions below from the book ‘Can’t Hurt Me’ by David Goggins.

# Question # 1

*Three principles or lessons learned from David Goggin’s story to maintain a healthy lifestyle and overcome obesity including example of each principle and reason. 250*

The three basic lessons learned from Goggins are commitment, finding power from negative situations and putting hundred percent in every task. The first and foremost comes the commitment. Commitment is one of the most powerful change one needs in the behavior to succeed in life. Committing to a cause or a goal lays the foundation to find a way to the success. If you are not committed to something whole heatedly, chances of achievement are minimal. Commitment drives strength, energy and desire one needs to get something they really want. It maybe success in studies, job, relationships, business or any other life matter, those who stay committed end up achieving it.

Secondly, finding power from negative situations is essential to drive the road to success. Life is not bed of roses. Every human being, rich or poor is facing different types of challenges in life. If you embrace all your hardship and challenges and seek power from them, nothing in life can push you back. On the other hand, losing hopes with the hardships coming in our way can lead to drastic failures. So, the main lesson learnt is to drive power from the unfavorable circumstances and hardships and use the same power to overcome that situation. Otherwise, everything bad we are going through leads to depression and we end up living a miserable life that wo do not want for ourselves.

Lastly, another important lesson is trying to given your hundred percent in every task. According to Goggins, most of the individuals put only forty percent of their strength to achieve what they want, nobody gives all hundred percent they have. There are various factors that stops us from putting more effort. One such factor is fear, fear of losing, fear of getting hurt or fear of failure. So, in order to put the most effort, you need to overcome these fears. Becoming fearless means challenging yourself, taking risks and all of these are critical to give your best, to put hundred percent of your effort to achieve what you want.

# Question # 2

*Making note of mentioned challenges in the book share your own unique challenge with someone struggling with weight loss and obesity. Detail the challenge and strategies to implement it.*

Being obese is a shame in the society we’re living in. Although there are many causes behind it, people consider just one, overeating and would advice to stop eating to lose fat. The availability to healthy food is the biggest challenge to lose weight. The biggest challenge I faced was non-availability of healthy food in Latin America. According to United States Department of Agriculture (USDA), about two million people reside in low-income societies who travel one mile to get to the nearest supermarket. The poor areas have no access to supermarkets or grocery stores, even if they have, they lack healthy food options. They biggest market is outside the urban area and requires a bus ride to get there. The location lacks the access to affordable healthy food including vegetables, whole grains, fruits and low-fat milk.

 Access to healthy food must be increased to overcome this challenge. This can be done by initiatives focused on food chain and supply companies. One way is to introduce new policies which make establishment of supermarkets in urban areas. At least one grocery store must be ensured in every area. This will not only increase access to healthy food items but also help to reduce increasing rates of obesity. Other strategies include increasing the geographic access, placing more supermarkets in deserted areas, altering inventory of convenience stores, limiting the selling of snacks and establishment of community gardens. These steps will decrease the consumption of snacks, certain type of beverages and other harmful food items promoting obesity.

# Question # 3

*An overall reaction to the story including realizations/personal thoughts concerning obesity and weight loss for self, family, community and healthcare system and nation 250*

Overall, the story in inspiring giving life lessons. The child who had to suffer from abusive father, saw her mother struggling to pay the bills, later on suffering form obesity turned into the toughest man alive. It is truly inspiring how he overcame all type of challenges in his life by mastering his mind and keeping his hopes alive. Everything David has suffered from turned him to a man who never settled for the least demanding task. He kept challenging himself or all the steps.

David’s weight loss struggle is motivational. He advises to face your challenges and grow your strengths by overcoming all the fear. Weight loss requires a constant determination and effort, not only bodily effort, but the mind as well. When we can learn to master our mind, we are determined to achieve a goal, nothing can stop us. Losing weight and fighting obesity is truly challenging, the biggest challenge as mentioned above is non-availability to healthy food items. Others include social stigma, the society we live in do not appreciate your efforts. All they would is tell you to stop eating and lose the fat, but no one tries to understand the underlying causes of the amount of fat you’re carrying. Some national policies can drive change and help to fight obesity. The communities can initiate health clubs to promote healthy food practices. A little bit exercise or walk on daily basis can be very beneficial. Policies should be introduced to ensure availability of healthy food items, improving conditions of healthcare facilities and equal distribution of healthcare facilities.