Self-Analysis Paper

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

**Self-Analysis Paper**

A routine exercise and a balanced diet recoil the body with the nutrients it requires every day. According to America's food guide, eating food from four groups is currently not succeeding in the United States. This had led to the foundations of unhealthy eating behaviors among teenagers. Eventually, we have to join a gym and exercise training projects to achieve healthy lifestyle goals (Sibley & Bergman, 2018). According to the guidelines, food should be taken sensibly. The food contains mainly four groups; proteins, vegetables and fruits, fats and oils and carbohydrates. Sufficiently taking fruits and vegetables, fats and oils, dairy products and carbohydrates can keep the body healthy.

Dreaming about achieving ‘something’ is the road to generating our goals. I want to become more beautiful and have a perfect body to stay healthy. I believe that if you are dedicated and committed in generating and attaining your goal, you can finally attain it. I usually do not have a habit of exercise and healthy eating. My days are usually busy and I do not sleep on time most often. I need to construct a routine for myself to achieve a healthy lifestyle pattern for my life to achieve my health goals, eventually, it will help me to attain my objectives and goals (Mailey, Dlugonski, Hsu, & Segar, 2018).

One of the supreme barriers to a confrontation with routines is the interruptions that surround us. I usually feel nervous and tired in the mornings this is because I stayed up excessively late. This made me stressful in the early days of my gym classes but I remained committed and motivated. My achievement level when I do this is extremely greater because I had to fight with myself to overcome my emotions for months to achieve something in my life. The motivations, dedication and healthy food choices along with daily classes of the gym have now created a new inspiration for me. Starting days were depressing and full of anxiety but my goals and objectives remained high (Mailey et al., 2018). Cardiovascular disorders, hypertension, cholesterol level and other related problems of health were my concerns to achieve something from the gym (Sibley & Bergman, 2018).

**Family History**

The day starts with a breakfast but I skip my breakfast frequently. My lunch comprises of 1 plate rice with lentils with a cup of coffee. I am 21 years old and I generally do not eat healthy food. My dinner includes the consumption of a cold drink with a pizza. I do not prefer the regular consumption of junk food. Sometimes I take cheese along with cooked bacon in my lunch. My parents do not have a habit of exercise and they do not work out. My parents have acquired no healthy lifestyle, my mother has a problem of hypertension and my father usually drinks and smokes. Due to this unhealthy food along with no exercise practices my parents are suffering from certain health problems (Sibley & Bergman, 2018). I do not want to acquire any bad habit and unhealthy eating behaviors which led the basis to join the gym. My childhood was not much healthy but now it is. The starting days of the gym were exhausting however, it needs a routine to adjust with the fitness center. I have observed profound results and changes in my body after joining the gym. My family does not have a habit of making healthy food. They do not consume food from four major food groups. They do not know that these requirements are from the suggested and recommended food authorities.

**Conclusion**

Exercise has been found to have a significant connection with a sound and active body. The food we consumed must be a balanced diet and it should fulfill the needs and the requirements of the body. Studies have suggested according to the unhealthy diet consumption, and reduced physical activity there is a higher probability of acquiring cardiovascular diseases, cholesterol imbalances and other diabetes-related problems in the future (Sibley & Bergman, 2018). When the body is more inclined to the illnesses, a vigorous body will arouse the defense system to fight and defend the body against the diseases, timely and competently.

**References**

Mailey, E. L., Dlugonski, D., Hsu, W.-W., & Segar, M. (2018). Goals Matter: Exercising for Well-Being But Not Health or Appearance Predicts Future Exercise Among Parents. *Journal of Physical Activity and Health*, *15*(11), 857–865.

Sibley, B. A., & Bergman, S. M. (2018). What keeps athletes in the gym? Goals, psychological needs, and motivation of CrossFitTM participants. *International Journal of Sport and Exercise Psychology*, *16*(5), 555–574.