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Wellness Plan

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Wellness Plan.

The discussion focuses on how personally can I can make my personal life fit from the daily routine practices. Everyone will always want to do some activities in their daily operations that make the kind of lifestyle that they want to lead. The plans can be either the ³ long term personal plan or the short term personal plan. The kind of personal wellness that one can try to work on include the ¹ physical wellness, mental wellness, social wellness, spiritual wellness, intellectual wellness, environmental wellness, occupational wellness, financial wellness, and nutritional wellness. The discussion also includes the health appraisal plan for leading a healthy life.

The physical wellness entails the activity that we do to ensure that all our body muscles are fit and flexible enough to carry out the daily activities. I have had a reduced aerobic power over time, and all I need is to work out to restore my aerobic. Working out ensures that the flexibility of my body is also restored. I cannot run for long because the muscles on the feet get fatigued quicker. I also pant heavily after a short run, which makes it dangerous for emergencies that require urgency. The work out will bring down the body mass index from 21 to around 15 to 20 for flexibility. I do the morning run for approximately thirty minutes every morning at a reasonable pace to ensure that I stretch the muscles to their limits. The running ensures that the heartbeat is elevated to reduce the panting of doing little duties. I also do swimming twice a week an hour for every session to ensure that the cardio muscles are fit all through. The exercises will ensure that I cut my weight from 200lbs to around 180lbs to 190 lbs, which are a normal weight range for a normal range of healthy life.

The health appraisal plan also is a wellness plan that frees the body from the kind of lifestyle diseases like diabetes, blood pressure, and other diseases. Most diseases can best be

prevented rather than being cured. I have been eating up a lot of calories from the kind of foods that I have been consuming, like the chocolate and the cheese. The foods make the body heavy making the breathing weaker as the heart is from surrounded by the massive fats that I have been consuming. I have switched to the use of the antioxidants that reduces oxidation in the body system that can lead o radicals that spoil or intoxicate the cell.

I consume mangoes, grapes, apples, and berries in almost every meal. I partake as vitamin C, and Vitamin E in the fruits destroys the oxidants in the body. Most of the meals that I partake never miss vegetables like cabbages, broccoli, beets and kales to keep the oxidation levels in the body checked. I also reduced the rate of consumption of cheese and chocolate to at least once a week compared to before. Each of my meals had chocolates, and I ate a lot of cheese in snacks like pizza and sandwiches. The reduction of the number of times I eat the calorie foods is to ensure that the amount of calories I consume per week is 2000 or less. The reduction of calories is to prevent or reduce the side effects of excessive calories like high blood pressure and diabetes that has turned out to be life-threatening.

In conclusion, personal wellness is meant to keep everyone on personal levels at check reducing the reoccurrence of some diseases that limits the life span. Physical wellness also keeps the individual for being in shape to perform better their duties. Education should be enhanced to ensure that everyone works to ensure that they acquire life after wellness.

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