

As part of my health promotional plan, I aim to devote a minimum of 210 minutes to physical activities per week. I am usually quite busy with my work and studies; thus, it was decided to divide that time equally between five to seven days of the week so that my training lasts 30-45 minutes. In order to increase the chances of successful habit acquisition, I thought that it would be best to engage in physical activity approximately at the same time every day. In this regard, previous research indicates that there are slightly more benefits to exercise in the mornings as it is associated with a positive mood and increased cognitive capacity throughout the day (Holden, 2020). Therefore, considering this information and my schedule, I decided to include physical activity in my morning routine before or after breakfast, except for some cases that would be discussed later.

I enjoy several activities, such as walking, dancing, water aerobics, yoga, cleaning, shopping, and bike riding. I think this is the right combination to increase my physical strength, flexibility, stamina, and emotional condition and lose body fatness. For instance, water aerobics can make my muscles stronger, dancing is good for enhancing stamina and creating a positive mood, and yoga can help me to be more flexible. Moreover, cleaning and shopping can significantly reduce my level of stress. However, I would not be able to engage in all of the listed activities in the morning. For example, the dancing classes usually start in the evenings; thus, I will need to schedule them for later in the day.

Now, it is important to discuss which benefits I expect to receive due to a new lifestyle. First of all, by engaging in exercise, I hope to reduce the risk of acute and chronic diseases. Such a positive effect of physical activity has already received substantial scientific support. As such, Phillips et al. (2018) assert that exercising is positively associated with the prevention and control of heart disease, cancer, and diabetes, to name a few. Additionally, I expect to lose some weight and have a fitter body. Finally, through physical activity, I want to achieve a healthier state of mind.

Nevertheless, some external and internal factors can negatively affect my efforts to start a more active life. As for the former, my previous attempts to



Personal Health Plan Essay

Bonnie S. Mohnsen



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Beyond Ideology , Teaching Middle School Physical Education Bonnie S. Mohnsen,2008 This text describes how to create a programme that addresses the specific needs and capabilities of middle school students while helping them through the transition from childhood to young adulthood This edition is fully updated and revised

Cultivating Professional Resilience in Direct Practice Jason M. Newell,2017-09-26 Overwhelming empirical evidence indicates that new social workers particularly those going into child welfare or other trauma related care will discover emotional challenges including the indirect or secondary effects of the trauma work itself professional burnout and compassion fatigue However the newly revised CSWE Educational Policy and Accreditation Standards EPAS does not mandate the inclusion of content related to self care in social work curriculum or field education In a textbook that bridges the gap between theoretical and pragmatic approaches to this important issue in human service work Jason M Newell provides a potential resolution by conceptualizing self care as an ongoing and holistic set of practice behaviors described as the key to professional resilience To address the effects of trauma related care on direct practitioners Newell provides a comprehensive competency based model for professional resilience examining four key constructs stress empathy resilience and self care from a range of theoretical dimensions For those who work with vulnerable populations the tendency to frame self care solely within organizational context overlooks the importance of self care in domains beyond the agency setting Alternatively he uses a framework grounded in the ecological systems perspective conceptualizing self care as a broader set of practice behaviors pertaining to the whole person including the physical interpersonal organizational familial and spiritual domains of the psychosocial self Alongside professional self care practices at the organizational level Newell makes a case for the pragmatic role of recreational activities time with family and friends physical health spirituality and mindfulness The application of a comprehensive approach to self care practice has potential to empower practitioners to remain resilient and committed to the values mission and spirit of the social work profession in the face of trauma

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1. Understanding the eBook Personal Health Plan Essay
 - The Rise of Digital Reading Personal Health Plan Essay
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Health Plan Essay
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Health Plan Essay
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Health Plan Essay
 - Personalized Recommendations
 - Personal Health Plan Essay User Reviews and Ratings
 - Personal Health Plan Essay and Bestseller Lists
5. Accessing Personal Health Plan Essay Free and Paid eBooks
 - Personal Health Plan Essay Public Domain eBooks
 - Personal Health Plan Essay eBook Subscription Services
 - Personal Health Plan Essay Budget-Friendly Options
6. Navigating Personal Health Plan Essay eBook Formats

- ePub, PDF, MOBI, and More
- Personal Health Plan Essay Compatibility with Devices
- Personal Health Plan Essay Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Health Plan Essay
 - Highlighting and Note-Taking Personal Health Plan Essay
 - Interactive Elements Personal Health Plan Essay
- 8. Staying Engaged with Personal Health Plan Essay
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Health Plan Essay
- 9. Balancing eBooks and Physical Books Personal Health Plan Essay
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Health Plan Essay
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Health Plan Essay
 - Setting Reading Goals Personal Health Plan Essay
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Health Plan Essay
 - Fact-Checking eBook Content of Personal Health Plan Essay
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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