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Medical fitness certificate format for college

The independent, trusted guide to online education for over 22 years! Copyright ©2020 GetEducated.com; Approved Colleges, LLC All rights reserved The independent, trusted guide to online education for over 22 years! Copyright ©2020 GetEducated.com; Approved Colleges, LLC All rights reserved I remember those days of eating cookies and gravy with my friends in the college cafeteria. We arrived for breakfast at 11:00 after we pulled an all-nighter playing Warcraft II, fed for world domination with snacking and drinking plenty of Mountain Dew. We crashed for three hours before we arrived for our breakfast. For a young man who arrived in an environment of freedom, this was a big change. I had a food card, which meant I could essentially make the choice and quantity I felt without seeing the cost or calories. This deadly combination of factors wreaked havoc on my friends and I, all of us getting the dreaded Freshman 15 we heard so much about. I didn't experience any bad weight gain as my voracious appetite was partly the result of being a college athlete, but others weren't so lucky. The resulting health damage this played on many colleagues and classmates is well documented. What are the causes of health and fitness problems in college? Why does it matter and why should a young man or woman care? Finally, what are some ways to overcome these challenges to lead to a more healthy and happy lifestyle in an out of college? Sun TZU, in the Art of War said: If you know the enemy and know yourself, you do not have to be afraid of the result of a hundred battles. If you know yourself, but not the enemy, for every victory gained you will also suffer defeat. If you know neither the enemy nor yourself, you will succumb in every battle. Taken analogously, the enemy is the forces of disease, weakness, and disease. To defeat the enemy requires knowledge of the monster of ill health and knowledge of the self. First, let's examine the problems students face, then we give some tips and suggestions to know the enemy and know yourself as Sun Tzu taught us: to defeat disease, weakness and disease. Our rapid on-the-go culture has fostered a multitude of health problems. Stress, poor sleep, poor nutrition, and a sedentary lifestyle cause absolute chaos on our bodies leading to chronic problems of just about any kind. (S) Stress + (PS)Poor Sleep+ (SL)Sedentary Lifestyle = (HW)Health Wreckage It is not only weight gain that is the problem, it is all debilitating conditions that take happiness out of the room juice. From birth to death the health problems in America are a constant struggle, but for many, the habits of defeat that lay the foundation for disease, chronic conditions, disease have been diagnosed in the formative college year. Knowledge is Power: From the Experts An article by The Huffington Post, Nutrition in College: Answers by the experts discusses the problems: There is a huge adjustment that takes place when students leave the house and come added Dr. Rebecca Corwin, an associate professor of nutritional sciences and neuroscience. It's a very stressful and vulnerable time. When transitioning to college, students have free rein over everything they eat, said registered dietitian Melissa Hendricks. They may not have been able to eat pizza two meals a day earlier, and now pizza is readily available all day long. It is that free rein that can be difficult for students. According to Penn State nutrition instructor, Dr. Alison Borkowska, overwhelming schedules can be a major reason for students' poor eating habits. They are facing levels of stress and planning that they have never experienced before, she said. They've never had so many things to be responsible for, including putting it in their mouths. Statistics from the Presidents Council on Fitness, Sports and Nutrition also help highlight the problems we all face, especially students: Nearly a third of high school students play video or computer games for 3 or more hours on an average school day. Only one in three children is physically active every day. Less than 5% of adults participate in 30 minutes of physical activity per day; only one in three adults receives the recommended amount of physical activity per week. The food available for consumption increased in all major food categories from 1970 to 2008. Average daily calories per person in the market increased about 600 calories. Since the 1970s, the number of fast food restaurants has more than doubled. Empty calories from added sugars and solid fats contribute to 40% of the total daily calories for 2-18 year olds and half of these empty calories come from six sources: soft drinks, fruit drinks, dairy desserts, cereal desserts, pizza and whole milk. Recent reports project that by 2030, half of all adults (115 million adults) in the United States will be obese. These statistics and our socio-economic issues are highlighted in the excellent documentary Food, Inc. It is clear that we have some major problems in our country, and the solution ultimately lies in each of us. Our choices and habits make a huge difference, not only in our lives, but in our neighbors and even in giant businesses. Don't you believe me? Just Watch Food, Inc. Know Thyself: Changes (and Fights) to Expect Reasons vary for all problems students face, extending back to habits learned in childhood. In short, the transition to college is rough and major changes in schedule, sleep, diet, exercise, social life, financial responsibility, and overall lifestyle play a key role. It is not uncommon for students to stay up far too late, get up and go to class, take a nap do in the library, go to class, eat, snack, snack, eat, really stay late to eat and play pool, and start the vicious circle all over again.... for four years! Changes in Sleep Facts Are Facts, and University of Georgia, Student Affairs, Health Services Has Found That College College Like Americans in general, you sleep less, and if you like most students, chances are you don't get enough sleep. On average, most students get 6 - 6.9 hours of sleep per night, and the university years are notoriously sleep-deprived due to an overload of activities. Recent research on students and sleep indicates that insufficient sleep affects our health, our moods, our GPA and our safety. Sleep really matters. The University of Michigan, Department of Student Affairs also highlights the problems specifically related to students: University students are one of the most sleep-deprived populations. Research at Brown University has found that about 11% of students report good sleep, while 73% report sleep problems.18% of college men and 30% of students report having suffered from insomnia in the past 3 months. Sleep deprivation in students is linked to lower GPAs because sleep affects concentration, memory and ability to learn. Research has shown that lack of sleep leads to insulin sensitivity that can lead to more cravings for high-calorie foods. This is especially important information for students who are taking psychiatric medications that can increase appetite or those who have a medical condition such as diabetes. Click Link for Sleep Tips – Changes in Finance Changes in Lifestyle Are Money. Budgeting is a learned habit and skill. If students weren't taught growing up, college opportunities could be a school of hard knocks in terms of spending and budgeting. Total outstanding U.S. consumer debt: \$3.4 trillion, and students are included in this shocking number. Students burdened by debt have more stress, and sometimes even drop out due to debt overload. Changes in schedule classes and social activities can make it difficult to eat regularly. Coupled with convenience and choice at college cafeterias, the average student eats bad food on the go. This stress eating has been linked to poor sleep, weight gain, and digestive problems. According to the Undergraduate Research Journal for the Human Sciences: In fact, a study that evaluated the cardiovascular health needs of students found that nearly 60 percent of students rated their stress levels as high or very high. (Nguyen-Michel, Unger, Hamilton, & Spruijt-Metz, 2006). When one is chronically stressed, the stress hormone cortisol is released, causing some individuals to overeat (Torres & Nowson, 2007). Adams and Epel (2007) found that people who identify as eating more under stress had higher urinary cortisol and insulin when they were stressed. Changes in snacking/alcohol/social time especially beverage consumption outside of a regular meal, continues to increase among Americans, accounting for more than 25 percent of calorie intake per day, according to research presented on the de Institute of Food Technologists (IFT) Annual Meeting & Food Expo®. Between 1977 and 2006, snacking in the U.S. diet has become a full eating event form, or a fourth meal, averaging about 580 calories a day, said Richard D. Mattes, Ph.D., professor of food and nutrition at Purdue University. The amount of secondary food and drink - consumption while engaged in another activity - has also increased. Between 2006 and 2008, time spent eating primary meals – breakfast, lunch and dinner – remained consistent at 70 minutes. However, secondary eating doubled from 15 minutes a day in 2006 to nearly 30 minutes in 2008, and secondary drinking jumped nearly 90 percent from 45 to 85 minutes. While snacking has increased overall, there has been a significant increase in the amount of calories consumed through beverages, said Mattes. Today, beverages account for 50 percent of the calories consumed through snacking. Facts from the Institute of Food Technologists, Snacking constitutes 25 percent of U.S. nutrition. Recent data shows how many calories Americans get from snacks, she continued. We eat about four to five times a day, and we see that snacks provide as many calories as breakfast. A study done at Purdue University shows that with this amount of snacking we basically eat another meal. Over the years, portion sizes have increased, and that means more calories. Weapons to be victorious as college life is a huge change in many core activities of life, which live without principles, or the changeless set of ideas or actions of the guide, can be plagued by many problems. We all need to think about what our principles are. In fact, the key to mental, physical, emotional, spiritual and social success depends entirely on principle and practices; in other words, the changeless core of ideas or beliefs that one's life leads and the habits one has that lead to or away from happiness. I love those who can smile in trouble, who can gather strength out of need, and grow bravely through reflection. Tis the affairs of small spirits shrink, but those whose hearts are firm, and whose conscience approves their behavior, will pursue their principles to death. — Leonardo da Vinci He who stands for nothing will fall for everything. — G.K. Chesterton Laws and principles are not for the moments when there is no temptation: they are for moments like this, when body and soul rise in mutiny against their rigor ... If I broke them at ease, what would be their value? - Charlotte Brontë, Jane Eyre People can't live with change if there's no changeless core in them. — Steven Covey Destroy the False Gods Our culture has a few gods who promise to deliver at all times. The gods of cheaper, faster and larger forms the trinity of consumer culture and flood the ad and sound-bite society around us. If a product is bigger, cheaper and can give us our wish faster, it is the Better. Tear down this altar to the consumer gods and decide what kind of health you want. Cheaper isn't always better. This particular idea crumbles under the smallest control. When we repair our car, computer repaired, or body heal, is the cheapest option the best? Heavenly no! The old saying, you get what you pay for is true. This is certainly the case with food, and food, as the primary source of nutrients, energy and health, it is vital that we understand this. Midnight runs to Wendy's that are all about the \$9.99 menu and the four burgers and giant soda will definitely fill me up. Docompebage - with carbohydrates, sugar, chemicals and all the processed things that our body doesn't want. Check out the tips below to choose the healthy choice in the cafeteria or get the most out of your dollar when shopping. Bigger isn't always better. This lie comes into every fast food meal. Supersized pop, fries and burgers is a billion dollar industry, so if we think we understand bigger is better, we better think twice. When buying food, the quantity must be secondary to the quality. Every health coach and expert in the neighborhood says this. Getting quality calories over lots of empty carbohydrates is key to maintaining or restoring health. We want it and we want it now is a mantra of age. Research has shown that lifestyle changes in college are at the heart of health problems. Like every moment in life, college is busy. Activities fill up every day and into the night causing stress, anxiety, and craving comfort. The fast life we live leads to the demand for fast food. Eating on the run is stressful, we chew less, making digestion more difficult. Preferred foods that fast are foods that quickly satisfy and taste good - this means lots of carbohydrates and starch to the neglect of fruits and vegetables. To bring this god down will be the hardest for students, but for the stouthearted, check out the tips below for healthy snacking. Build Good Principles and Practices as a Sure Defense Hippocrates said Good health begins and ends in the gut. Did you know that the small intestine is the main filter of the body? It is where 60-80 percent of the activities of the immune system take place! When we eat bad food in large quantities and flee, coupled with unhealthy snacking, late night drinking, and poor sleep we simply strain our system to the point that disease, fatigue, weight gain, illness, and weakness gain. If health is the goal, we must practice the principles we choose to live in. Snack Right! Snack on apples and peanut butter - A healthy and delicious snack with excellent nutritional value, is fast, and easy. Get Addicted to Tree Nuts - These Little Guys Have health benefits. From good fat, protein, and vital nutrients, grab a bag of almonds, hazelnuts, peanuts, or walnuts. There are plenty of snack pack creamy nuts on the market, but shell or shelled out are great options. You also combine nuts (as protein) with good carbohydrates and energy such as Plums. Put some in your car and backpack. They last a long time, are fast, easy and delicious. Don't give up chips and carbs, but limit them and stay vigilant! - I love chips and snacking on them feels so good. Studies have shown, however, chips and snacks like it, can be addictive and actually lead to fatigue and other health problems. Instead of giving up these delicious guys, have less and add a protein (like nuts). Ditch the soda - My advice is to find another tasty drink that is healthier. You don't have to crunch and go for the kombucha drink, but steer clear of sugary drinks that are addictive and unhealthy. There are many studies (and common experiences) that show that the health damage soda can do. Again, if you like it so much you can't get rid of it, have much less and make your staple snack drink anything other than soda. Dried fruits and vegetables. Believe it or not, there are some incredible tasting dried fruits and vegetables. Plums are not just for older people trying to stay regular. They are excellent for energy and are sweet. For the health nut, kale chips are the rave in super foods right now. Dried apricots are very suitable for iron. Find one you like and notice how much these great snacks help. String cheese, yogurt, cottage cheese are great choices for protein, but for women, remembering these can be even more important for calcium. Here are some great tips to get started. Find things you like and enjoy the adventure of finding food that makes you look great and make you feel great. Eggs and jerky will pump you up. Eggs used to be on the bad list, but now, health experts tout the large proteins, good fat, and overall benefits of eggs. Jerky is one of my favorite snacks because the meat is natural, but more than that, I get good protein, able to enjoy the flavor, and the satiety seems to last longer than other snacks. The Institute of Food Technologists reports that Global consumers spent \$374 billion annually on snacks between 2013 and 2014, a 2% year-over-year increase, according to a new global report from Nielsen. Don't get me wrong, snacking is not the enemy. In fact, some studies show that good snacking, that is, food quality, moderate amount, and at the right time, can actually be a tool to lose weight and gain vitality. For more conversation about snacking check out these articles: Choose to be active as a lifestyle Let's be honest, running for 20 minutes on a treadmill isn't everyone's cup of tea. Exercise can be a drag - turn into workout clothes, go to the gym, sweat, shower... Before you know it, 20 minutes of hell on a bike doesn't end an hour. there's a better way? Common sense dictates (in addition to countless studies) that to be healthy includes exercise; however, exercise is not just the 20 minutes of hell on a bike going nowhere. Choose to make healthy habits of active. Make it a lifestyle, something normally done with friends, in this way it is long a burden and and This is key, make it a habit not a fad burst of intense yoga for a week. Choose to walk or cycle anywhere The simplest physical activity to increase in college is walking. Choose to walk anywhere (or cycle). This activity helps in dealing with stress, digestion, and overall mental health. Again, it's not rocket science and making it just is key. Consider Intramurals You don't have to be an athlete for all intramurals. Find something you like, grab some friends, make a team make some funny t-shirts and have fun. Active social activities Choose active social outings. Go hiking around a park, throw a frisbee, or go on a walk. A leisurely walk is good for the soul and great for friendship. In fact, take a picnic, and go swimming in a creek if you. If intramurals or walking don't work, some people get together for beach volleyball or a beach day in general. Maybe Ultimate Frisbee would work. Make fitness centers a home There are some incredible fitness centers on our college campuses. These offer state of the art fitness equipment, activities, lessons and spaces. Take advantage of all the money spent to attend a university and use their amazing facilities to stay health, have fun, and even improve academics. Consider fitness classes Let's face it alone (riding that bike that goes nowhere) most of us lack the willpower. Know yourself and go to a fitness class where being together with others can motivate you to be active. Take yoga - in the dorm or out So good, so easy, so healthy! I always thought yoga was a girl thing. I was completely wrong. Depending on the type of yoga, it can be very challenging and demanding. If getting into strange positions in front of others or having others in a gym or social environment doesn't work, try it in the dorm alone or with a best friend. Join or start a CHAARG group CHAARG (Changing Health, Attitudes + Actions to Recreate Girls) aims to ignite a passion among middle-aged girls for health and fitness. The goal of CHAARG is to free girls from the elliptical and show them that fitness can be fun. Since each girl has a different preference of what is fun, CHAARG creates opportunities for girls to find their fit. They work with local studios once a week to lead a training session, whether it's CrossFit, Pure Barre or salsa dancing - and everything in between. As soon as a girl joins CHAARG, she is welcomed into a supportive and empowered community of 5,000+ girls! CHAARG combines good friends and a good workout. The program is currently at 37 universities and there is a Virtual for girls who don't have a CHAARG Chapter at their university yet. Make sleep a priority It cannot be underestimated. The more it is studied, the greater the importance is given to sleep. Physical, emotional and social well-being, and of course tests scores, grades, learning, focus and attention, all depending on a good night's sleep. Good sleep is also linked to diet, and exercise. List of the sleep should convince everyone to strengthen their will and opt for sleep. The problem at university is sleeping seems to be in competition with late night friends and fun. Choosing sleep doesn't have to mean a bump-on-a-log; make some sacrifices, be wise, and follow these tips. Get regular and adequate sleep The average adult needs six to eight hours a night. Knowing yourself and what you absolutely need is paramount. Most adults need at least six hours a day. They can go one or two nights with less, but consistently cut in that quality of life affects too much for comfort. Limit late nights You don't have to give them up completely. Late nights can be where memories are made and friendships are forged. On the other hand, the enemy of health loves late night, especially if preventing zzz's quality. Know yourself, know your limits, and give a late night or two. Schedules are good Not having a regular schedule can make sleeping really difficult. College schedules are part of the problem. The more regular schedule, generally, the more regular and quality sleep. Set a schedule the old-fashioned way. Grab some parchment, a bottle of ink and pen, and write one out. Definitely also a few late nights (know yourself already!) and even schedule in unplanned times for creativity and spontaneity. Regular meals Nutrition and sleep are two peas in a pod. The choices made in diet greatly affect sleep. Caffeine, sugary drinks, carbohydrates, and unhealthy foods simply make getting quality zzz's less likely. According to research (especially applicable to students) late night drinking and eating can affect sleep quality as well as irregular eating patterns and unhealthy foods. Fitness time It can't be said enough that diet, sleep and exercise are complicated related. For me, if I have afternoon caffeine after 4pm, I'm having trouble sleeping. If I have too much chocolate or sugar before bed, my sleep suffers. It took me a long time to figure out... and some chronic health problems first. Expert Advice: See more sleep data from the National Sleep Foundation. Research shows that all mammals need sleep, and that sleep regulates mood and is related to learning and memory functions. Not only will getting your zzzs help you perform on a test, learn a new skill or help you stay on task, but it can also be a critical factor in your health, weight and energy level. Sleep deprivation can also inhibit a person's ability to lose weight - even while exercising and eating well! A 1999 study at the University of Chicago found that limiting sleep to just 4 hours a night for a week healthy young adults to the point that some had the glucose and insulin characteristics of diabetics. Lack of sleep creates a vicious circle – the more tired you are, the more caffeine you consume to stay awake during the day; but the more caffeine you consume, the harder it will be to fall asleep at night. Food Food also related to sleep through appetite and metabolism. Research by Dr. Van Cauter shows that people who don't get enough sleep are more likely to have greater appetite due to the fact that their leptin levels (leptin is an appetite regulating hormone) fall, promoting appetite increase. Learn to cook without kitchen Without a doubt, tip #1 is to acquire a mini fridge and microwave. These come in super convenient for storing healthy snacks, and although cheaper and faster isn't always better, it can often be times! In addition to mini refrigerator and microwave, consider acquiring the following: Small cutting boardParing knifePaper plates / bowlsLak towelsPlastic silverwareMugs / cupsMicrowavable bowls 2. Stored goods - Try these and find what works best - Organic and of course is always better, but stick to a budget! Peanut butter Nutella (for a treat that is not very unhealthy)Healthy crackersGranolaNutsDried fruit Granola and protein barsFruit with a long shelf life – apples and oranges Veggie chips/Kale chips 3. Enter the fridge- try this and what works best. String cheeseYogurtBaby carrots, snap peas, vegetables you snack onHummusLunch meatMilkApplesauceLow fat spices 4. Resources for Dorm Room Cooking 5. Look at the community kitchen. If possible, these are equipped with basic and useful (though limited) cooking potential. For example, many community kitchens have toasters, toasters, George Foreman grills, microwaveovens, refrigerators, and possibly even an oven. Use Outside Resources On-Campus Help Fitness Centers – Most college campuses have excellent fitness centers. Complete with weights, elliptical ellipticals, treadmills, fitness courts, gyms and swimming pools, there is no shortage of equipment to use for physical activity. Health Center – On-campus health centers can provide help and guidance for students struggling with eating disorders or overeating and weight management issues. Some centers also provide help for students who have health problems, such as heart disease, diabetes, and food allergies. Athletic Trainers – Check to see if the university Athletic Trainers are willing to work with students. Some will help students with a training plan or act as a personal trainer at an affordable price. The extra responsibility of a trainer can help you stay on track with your fitness goals. Campus Nurse – For those looking for a free way to get some help with health and nutrition, the Campus Nurse can often be a good option. Most campuses have nurses available for consultation free of charge. Schedule an appointment and talk to the nurse about your health. Online Help Students have more resources available today than ever before. There are plenty of apps and programs available online for free to help track calories consumed and calories consumed. The internet is full of nutrition advice, targeted apps, workout videos, fitness groups and more. Here are some valuable websites with everything from dietary advice, workouts, calorie counters, and more. More. More.

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