Behavior Change Project: Losing inches

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Introduction: The health behavior change I wish to make is to lose inches and to better my overall health and well-being. The reason I would like to do this health behavior change is to better my body all the way around, physically and mentally. Not only will performing aerobic exercise and strength training help me lose the inches, but it will also be very beneficial to my mental health as well. I would really like have a stronger, positive attitude and outlook on life, and it all starts with satisfying myself. Depression and anxiety are the two biggest challenges that I have been facing for the past several months; gaining weight is the main reason for that. Therefore, this behavior change gives me a profound opportunity to get rid of those burdens that have been weighing me down lately. I am very excited about the behavior change project, because I now have the opportunity to make the change I need in my life, and to be confident, healthy and happy again.

How to lose Inches: Seguin, Epping, Buchner, Bloch, & Nelson. (2002) believe that strength training, when done with regular aerobic exercise, can also have a major effect on a person’s mental and emotional health. A well rounded fitness program includes strength training to improve bone, joint function, bone density, muscle, tendon and ligament strength, as well as aerobic exercise to improve your overall health and to lose inches. It is recommend that adults do muscle strengthening activities on at least two days each week. According to Katie Regan, "aerobic exercise is a key element when working on losing inches from the waist. Twists, bends, crunches and other core exercises are great at tightening and toning the waist, but nothing takes the inches off like aerobics". (Regan, (2015). There are several aerobic exercises that can be done that will rise your heart rate up to where it should be.
In order to lose the inches I wish to, I am going to do aerobic exercise five days a week for at least thirty minutes a day, which will help get my heart rate to where it should be to burn fat. The other two days I am going to add strength/resistant weight training to my workout. By repeating this exercise workout plan for the five weeks, I will hopefully lose the inches desired.

**Health benefits to doing my behavior:**

**Health benefit 1:** Exercise has been found to be effective in the treatment of depression. Carter et al. (2015) reported that exercise has been shown to improve mood, self-esteem, self-worth, anxiety and depression. Exercise and physical activity stimulate various brain chemicals that may result in feeling happier and relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem. Depression is something that I have been trying to deal with lately; due to the fact that I have gained a significant amount of weight since last summer. Instead of getting prescribed medicine to help fight depression, research suggests that by just simply adding exercise (aerobic exercise/weight training) to my everyday routine can help me overcome the battle with depression.

**Health benefit 2:** There is increasing evidence for the beneficial effects of physical activity in patients with mental disorders. Lindegard, Jonsdottir, Borjesson, Lindwall & Gerber (2015) research found that "physical activity is an effective treatment, influencing both biological and psychological measures among patients with psychiatric disorders, leading to improved metabolic responses, increased quality of life and reduced psychopathological symptoms of cognitive failure" (p.1). Physical activity and exercise does not only help you get the physical body you wish to have, but it can also help with your mental health as well. Mental health is just
as important as anything else; being satisfied with yourself and exercising your brain by doing aerobic and strength training can help eliminate or mild mental disorders one may have.

**Health benefit 3:** Physical and mental health benefits that can be achieved through resistance training. The article *Resistance training-health benefits* provides several overall health benefits one can receive from doing at least two days of resistance training a week. The following health benefits are achieved through resistance training: Improvement in muscle strength and toning (which helps protect you from joint injury), gives you the ability to maintain flexibility and balance and helps you remain independent as you age weight management and increased muscle-to-fat ratio – as you gain muscle, your body burns more kilojoules when at rest greater stamina – as you grow stronger, you won’t get tired as easily, prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity. ("Resistance training-health benefits," 2014). Resistance training, just like aerobic exercise can help improve your self-confidence and your attitude toward yourself as well as everyone else around you.

**Health Benefit 4:** Statton, Encarnaclon, Celnik & Bastian (2015) found that exercise is associated with improved performance on a variety of cognitive tasks including attention, executive function, and long-term memory. Recent studies have shown that even a single bout of aerobic exercise can lead to immediate improvements in declarative learning and memory, but less is known about the effect of exercise on motor learning (Statton, Encarnaclon, Celnik & Bastian, 2015). The authors put together and tested several different experiments, and their results demonstrate that moderate intensity exercise can prime the nervous system for the acquisition of new motor skills, and suggest that similar exercise protocols may be effective in improving the outcomes of movement rehabilitation programs (Statton, Encarnaclon, Celnik & Bastian, 2015).
Reference:


