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EDCEP 502

Program of Change Reflection

Changing my Eating Habits

For the program of change, the behavior I decided to change was my eating habits. To start, I had a goal of weight loss and overall health improvement. I try to make my daily schedule as active and involved as possible but, since May when I was hired as a software developer, my lifestyle is much more stagnant. Throughout the day, I might find myself having sat at my desk for hours with only taking a few minutes of breaks here and there. I have gained 20 pounds since May and this program of change was a way to “force” myself into changing my diet and exercise schedule.

To achieve my goal of weight loss and health improvement, I decided to change my eating habits and exercise more. Since I’ve been working at a desk job, I move less throughout the day. And, also with the job, the in-office cafeteria offered a wide variety of foods with most being on the unhealthy side. As I stated earlier, I have gained 20 pounds since May and I wanted to change this behavior.

After attempts to change my behavior, it was finally successful. After decreasing the portion sizes of my meals, reducing the number of snacks and other food I consumed throughout the day, and improving my exercise routines and frequency. I set out a goal for 15 pounds in the 8 weeks the program was active. During the first week, I made my goal physical and wrote everything down. I wanted to work out at least 4 times a week and I wanted to keep my portion sizes to a normal size, such as not ordering extra of anything, not seeking for large base meals, and not being afraid of taking home leftovers or not finishing a meal. I was successful in keeping these goals for the entirety of the program.

As of Sunday, October 13th, I lost 17 pounds by increasing my workout frequency and lowering my portion size. Starting on Monday, October 8th I have been extremely sick with the bug going around and fevers. This has caused a loss of appetite that might slightly skew the results, but I am still happy with the result. During the program, I thought that my dedication to the program really was great. Also, I thought that my overall health improved from the program. Before, I could barely run over half a mile without stopping for a breather and now, I can run that distance easily.

During the program, I feel like it would have helped a lot if I were to have done it with another person. I found myself very tempted to slack on exercise, but I only missed the goal of 4 workouts per week once and this was due to illness. These were the only problems I had faced. If I were to do the program again, I would try to not get sick towards the end of it 😊. On a more serious note, I would have changed the time the program covered. Since this is a condensed course, we had to push this into 8 weeks, but I would have liked to see the results if it covered 16 weeks. I will continue this behavior as long as I can but I’m glad I chose to get healthy.