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## BeWell Assignment #2 (42 points)

**Complete and Save this assignment as a .pdf file.**

**Upload your typed BeWell#2 by the due date to Canvas. We cannot accept emailed assignments.**

**Late assignments will be penalized as stated in the syllabus.**

### STEP 1: WELLNESS/WELLBEING

State which dimension of wellness/ wellbeing you currently feel <u>most satisfied</u> with and WHY?	<b>Physical Fitness</b> , I'm in great shape right now
State which dimension of wellness/wellbeing you currently feel <u>most challenged in</u> and WHY?	<b>Nutrition</b> , I need to eat more fruits and vary my diet further

### STEP 2: VIDEO MODULES ON NUTRITION

Watch **THREE** videos from the list below. After watching the videos/podcast, fill in the table with your detailed responses. \* Videos are fairly good, they can have some inaccuracies/issues.\*

Weekly Meal Prep for Healthy Eating	<a href="https://www.youtube.com/watch?v=jG4xnTXK-sk">https://www.youtube.com/watch?v=jG4xnTXK-sk</a>
Cooking on a budget for college students	<a href="https://www.youtube.com/watch?v=8dOt4WXaF70&amp;app=desktop">https://www.youtube.com/watch?v=8dOt4WXaF70&amp;app=desktop</a>
Why I'm a week day vegetarian	<a href="http://www.ted.com/talks/graham_hill_weekday_vegetarian#t-226815">http://www.ted.com/talks/graham_hill_weekday_vegetarian#t-226815</a>
ChemMatters	<a href="https://www.youtube.com/watch?v=G0O87gWv-Xk">https://www.youtube.com/watch?v=G0O87gWv-Xk</a>
Teach every child about food: Jamie Oliver	<a href="http://www.ted.com/talks/jamie_oliver">http://www.ted.com/talks/jamie_oliver</a>
Sugar: Hiding in plain sight	<a href="https://www.youtube.com/watch?feature=player_embedded&amp;v=Q4CZ81EmAsw">https://www.youtube.com/watch?feature=player_embedded&amp;v=Q4CZ81EmAsw</a>
Frozen food fan? NPR podcast	<a href="https://one.npr.org/?sharedMediaId=611693137:612139084">https://one.npr.org/?sharedMediaId=611693137:612139084</a>
Jamie Oliver's Sugar Rush: Documentary	<a href="https://www.youtube.com/watch?v=pLwcbHEuK44">https://www.youtube.com/watch?v=pLwcbHEuK44</a>
The Science of Addictive Food	<a href="https://www.youtube.com/watch?v=4cpdb78pWI4">https://www.youtube.com/watch?v=4cpdb78pWI4</a>
Misconceptions about Health Food	<a href="https://www.youtube.com/watch?v=DoxLC62LIac">https://www.youtube.com/watch?v=DoxLC62LIac</a>

	<b>Name the video you watched AND describe it briefly in 1-2 sentences</b>	<b>State WHY you chose this video</b>	<b>Explain one thing you learned or give personal insight/awareness reinforced from the video.</b>	<b>Explain how you can apply the information from the video to your current life.</b>
<b>1)</b>	Cooking on a budget for college students. It is a short video on how to meet nutritional needs while on a tight budget.	Getting the right nutrition while on a tight budget is something I struggle with right now so this video is great for my situation.	Vitamins, Yoghurts, peanut butter, fruits are all cheap ways to get what a body needs. She really likes trader joes.	Improve nutrition while saving a few bucks.
<b>2)</b>	Sugar: hiding in plain sight. It describes how ¾ of all items in grocery stores have added sugars which can quickly add up in our diets.	I knew a lot of products hide sugar in their ingredients, predominately because most Americans are addicted and buy their products more often when this is the case.	I had never considered that even in products with moderate amounts of sugar, there could be greater amounts of sugar with different names.	Next time I check to see how much sugar is in a product, I will look for alternative names for sugar so that It is clear just how unhealthy it is.
<b>3)</b>	The science of addictive food: Many companies engineer	Many people struggle to control their eating and I wanted to learn more	When it comes to certain foods, salt sugar and fat are	Be more conscious of what I eat and the ways companies try to manipulate me into

their foods to be more addicting and satisfying, this video explains how.


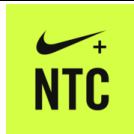
about how companies target them.

all heavily utilized in order to encourage over eating.

buying their addictive products

### STEP 3: VIDEO MODULES ON PHYSICAL ACTIVITY

Watch **THREE** videos from the list below. **At least ONE video must be a PARTICIPATE option.** After watching/ participating in the videos, fill in the table with your detailed responses.

23 and 1/2 hours: What is the single best thing we can do for our health?	<a href="http://www.youtube.com/watch?v=aUalnS6HIGo">http://www.youtube.com/watch?v=aUalnS6HIGo</a>
Nilofer Merchant: Got a meeting? Take a walk	<a href="http://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk#t-6041">http://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk#t-6041</a>
Wendy Suzuki: Exercise and the Brain	<a href="https://www.youtube.com/watch?v=LdDnPYr6R0o">https://www.youtube.com/watch?v=LdDnPYr6R0o</a>
Essential Running Technique tips for proper form and how to run faster	<a href="https://www.youtube.com/watch?v=3RlvKMxPMr0&amp;feature=youtu.be">https://www.youtube.com/watch?v=3RlvKMxPMr0&amp;feature=youtu.be</a>
Dean Ornish: Your genes are not your fate	<a href="http://www.ted.com/talks/dean_ornish_says_your_genes_are_not_your_fate">http://www.ted.com/talks/dean_ornish_says_your_genes_are_not_your_fate</a>
<b>SELECT AT LEAST ONE (1) PARTICIPATE OPTION:</b>	
<b>PARTICIPATE</b> in a yoga video from this website. Varying times and difficulty levels	<a href="http://www.Doyogawithme.com">www.Doyogawithme.com</a>
<b>PARTICIPATE</b> in a workout exercise of your choice that <b>is at least 15 minutes</b> in length with Nike Training club or Sworkit app on your phone.	  Look for either of these apps on your iphone or android device
<b>PARTICIPATE</b> in a core based workout.	<a href="http://media.oregonstate.edu/media//0_h5wq9d2s">http://media.oregonstate.edu/media//0_h5wq9d2s</a>
<b>PARTICIPATE</b> in this cardio workout	<a href="http://media.oregonstate.edu/media//0_1g6m5du7">http://media.oregonstate.edu/media//0_1g6m5du7</a>
<b>PARTICIPATE</b> in this body weight workout	<a href="https://www.fitnessblender.com/videos/at-home-cardio-workout-with-no-equipment-fat-burning-cardio-intervals-">https://www.fitnessblender.com/videos/at-home-cardio-workout-with-no-equipment-fat-burning-cardio-intervals-</a>
<b>PARTICIPATE</b> in this Tabata workout	<a href="https://www.youtube.com/watch?v=XIeCMhNWFQQ">https://www.youtube.com/watch?v=XIeCMhNWFQQ</a>
<b>PARTICIPATE</b> in this 20 Min HIIT cardio with no equipment	<a href="https://www.youtube.com/watch?v=wwkrup_TG6I">https://www.youtube.com/watch?v=wwkrup_TG6I</a>

Name the video you watched/participated in AND <u>describe</u> it briefly in 1-2 sentence	State WHY you chose this video	Explain one thing you learned or give personal insight/awareness reinforced from the video.	Explain how you can apply the information from the video to your current life.
1) Tips for proper running form: several tips on how to run properly and avoid common mistakes	I run often and wanted to learn some tips!	Landing on the midfoot is a big deal and I realized I heelstrike too much whilst running	I am going to practice running midfoot from now on.

2)	Your genes are not your fate: healthier lifestyles and habits lead to healthier genes and body	I talk to my friends all the time about whether someone with bad genes are doomed forever to be overweight, so this is an interesting topic for me.	Turns out eating healthy and leading a healthy lifestyle is good for you and can reverse certain diseases or cancers from developing.	I plan to continue eating healthily and workout out often so that I don't struggle with diseases.
3)	Doyogawithme: do a yoga routine along with a video	Yoga can be fun and relaxing	I enjoyed it a lot, yoga is kind of frowned upon by males as far as participation goes but I enjoy it every time.	I think the next time my girlfriend wants to do some yoga I will join her.

#### STEP 4: SMART GOAL CHECK IN:

State your <b>REVISED</b> 1-2 sentence SMART goal from your BeWell#1 assignment. <b>IMPORTANT:</b> Double check that you meet all SMART components.	I am going to eat at least 5 cups of fruit each week for the next 5 weeks, logging my progress on my phone.
How is your SMART goal going? Describe your progress in 2-3 detailed sentences.	So far so good, I bought a bunch of bananas and apples from Winco and have stuck to it. Fruits like that are really not that expensive and I honestly feel more "wholesome" afterwards, as if I can actually feel my body appreciate the fruit.

**Final Instructions: Save as a .pdf (recommended).  
Upload your assignment to Canvas by the due date.  
Double check your uploaded document for errors.**