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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**

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| State which dimension of wellness/ wellbeing you currently feel most satisfied with and WHY? | **Physical Fitness,** I’m in great shape right now |
| State which dimension of wellness/wellbeing you currently feel most challenged in and WHY? | **Nutrittion**, 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.\*

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| --- | --- |
| Weekly Meal Prep for Healthy Eating | [https://www.youtube.com/watch?v=jG4xnTXK-sk](//www.google.com/url?q=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DjG4xnTXK-sk) |
| Cooking on a budget for college students | <https://www.youtube.com/watch?v=8dOt4WXaF70&app=desktop> |
| Why I’m a week day vegetarian | <http://www.ted.com/talks/graham_hill_weekday_vegetarian#t-226815> |
| ChemMatters | <https://www.youtube.com/watch?v=G0O87gWv-Xk> |
| Teach every child about food: Jamie Oliver | [http://www.ted.com/talks/jamie\_oliver](//www.google.com/url?q=http%3A%2F%2Fwww.ted.com%2Ftalks%2Fjamie_oliver) |
| Sugar: Hiding in plain sight | <https://www.youtube.com/watch?feature=player_embedded&v=Q4CZ81EmAsw> |
| Frozen food fan? NPR podcast | <https://one.npr.org/?sharedMediaId=611693137:612139084> |
| Jamie Oliver’s Sugar Rush: Documentary | <https://www.youtube.com/watch?v=pLwcbHEuK44> |
| The Science of Addictive Food | <https://www.youtube.com/watch?v=4cpdb78pWl4> |
| Misconceptions about Health Food | <https://www.youtube.com/watch?v=DoxLC62Llac> |

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|  | Name the video you watched AND describe it briefly in 1-2 sentences | 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) | 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. |
| 2) | 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. |
| 3) | The science of addictive food: Many companies engineer their foods to be more addicting and satisfying, this video explains how. | Many people struggle to control their eating and I wanted to learn more about how companies target them. | When it comes to certain foods, salt sugar and fat are all heavily utilized in order to encourage over eating. | Be more conscious of what I eat and the ways companies try to manipulate me into 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.

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| --- | --- |
| 23 and 1/2 hours: What is the single best thing we can do for our health? | <http://www.youtube.com/watch?v=aUaInS6HIGo> |
| Nilofer Merchant: Got a meeting? Take a walk | <http://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk#t-6041> |
| Wendy Suzuki: Exercise and the Brain | <https://www.youtube.com/watch?v=LdDnPYr6R0o> |
| Essential Running Technique tips for proper form and how to run faster | https://www.youtube.com/watch?v=3RlvKMxPMr0&feature=youtu.be |
| Dean Ornish: Your genes are not your fate | <http://www.ted.com/talks/dean_ornish_says_your_genes_are_not_your_fate> |
| **SELECT AT LEAST ONE (1) PARTICIPATE OPTION:** | |
| **PARTICIPATE** in a yoga video from this website. Varying times and difficulty levels | [www.Doyogawithme.com](http://www.Doyogawithme.com) |
| **PARTICIPATE** in a workout exercise of your choice that **is at least 15 minutes** in length with Nike Training club or Sworkit app on your phone. | http://cdn-image.realsimple.com/sites/default/files/styles/rs_main_image/public/image/images/health/preventative/0812/nike-training-club-ictcrop_300.jpg?itok=11cNp0ey [Nike+ Training Club](https://itunes.apple.com/us/app/nike+-training-club/id301521403?mt=8) [Sworkit - Custom Workouts for Exercise & Fitness](https://itunes.apple.com/us/app/sworkit-custom-workouts-for/id527219710?mt=8)  Look for either of these apps on your iphone or android device |
| **PARTICIPATE** in a core based workout. | [http://media.oregonstate.edu/media//0\_h5wq9d2s](http://media.oregonstate.edu/media/0_h5wq9d2s) |
| **PARTICIPATE** in this cardio workout | [http://media.oregonstate.edu/media//0\_1g6m5du7](http://media.oregonstate.edu/media/0_1g6m5du7) |
| **PARTICIPATE** in this body weight workout | <https://www.fitnessblender.com/videos/at-home-cardio-workout-with-no-equipment-fat-burning-cardio-intervals-> |
| **PARTICIPATE** in this Tabata workout | <https://www.youtube.com/watch?v=XIeCMhNWFQQ> |
| **PARTICIPATE** in this 20 Min HIIT cardio with no equipment | <https://www.youtube.com/watch?v=wwkrup_TG6I> |

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|  | Name the video you watched/participated in AND describe 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:**

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| State your **REVISED** 1-2 sentence SMART goal from your BeWell#1 assignment. (IMPORTANT: 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.**