

John Van Brocklin

Health, Wellness, and Obesity In America.

The intended audience of this piece is Americans who are less active and unhealthy.

### Why American's Should Exercise More.

According to (Holland *Obesity Facts in America*) more than one-third of adults in the United States have obesity. That equates to about 36.5 percent of the American adult population. Not only this, but 32.5 percent are overweight. That is more than half of the American adult population that is overweight. In other terms, Americans are overweight, and we continue to climb that ladder without looking back, faster and faster. Although, there is a way to fix this problem; Exercise. Why should you exercise more? Well, Americans should exercise more to preserve their health and happiness. Exercise can prevent heart disease, it will lower the obesity rate in the US, and it will allow for a longer, healthier, and happier life.

Now, let me explain my stance on this subject. I used to weigh around 300 pounds, and at around six foot tall, that is obese, and then some. I could definitely feel the effects of being that overweight. I was unhappy, I couldn't look at myself in the mirror without wanting to go lay in bed and not do anything for the rest of my life. I was unhealthy with bad health, my knees were actually taking a toll, making it hard to stand, cardiovascular health was on a decline, meaning it would be easier for me to have a heart attack and multiple other health problems. Lastly, it felt like I would not have a very long life. Now, after strict exercise and time management, I am down to 200 pounds, and feeling great. Moving on from my stance, I do normally hear one main thing when people tell me they can't go and exercise, and that is usually, "I do not have enough time for that."

You may think that you do not have enough time to exercise because your schedule is too busy, or you may have kids to take care of, and even may have to take care of parents, bless your soul. Although this may seem true, with good time management, you can create a great plan to make sure you can exercise everyday, even if it is for 30 minutes. According to (Ingraham *Analysis | actually, you do have enough time to exercise, and here's the data to prove it*) almost every single American has around 5 hours of downtime a day. Now these hours may be sprinkled throughout the day, but like I said, if you plan right, even 30 minutes a day of exercise would do enough to help. I will help you understand more.

There are 24 hours a day. Let us say you sleep around 8 hours at night at a decent bed time, let's say 9:30. You wake up around 5:30, and get ready for work. You start work at 6, for 8

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hours a day. That means you get off work at 2. So now you have from 2 to 9:30 to do whatever else you need to do, and exercise. Maybe you have to take care of kids before your spouse gets back home, do laundry, and more, maybe that takes around 5 hours. You still have 2 and half hours to get that exercise done, remind you that you only need 30 minutes. You do this right before bed, that way you can feel good about your health, feel happy that you had a productive day, and feel tired to be able to get that 8 hours of sleep again. This plan shows you that you can do it, you just have to want to. Trust me, wanting to and doing it, can change your whole life.

Back to my main point, why should you get exercise? Well, the leading cause of death in the United States is heart disease. You may ask, "Why does this matter?" Because, being overweight and obese, cause quite a bit of plaque to build up in arteries, hurdling you towards heart disease. This is what I mean by exercising can make you healthier. When I say that it can make you happier, we can reflect back on my experience. I was so happy to finally be skinny, finally be healthy, and finally be normal. Lastly, exercising is a great way to try to live a great and long life.

To sum up what I have ranted about, life is what you make it. It is hard to live life overweight and obese. Most of all Americans can benefit from exercising to prevent diseases and health defects, and contribute to a long and proactive life. Americans can work towards helping each other lose weight, and feel great doing it.

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#### Works Cited

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