Write anything about your personal food, feelings, activity as it relates to the course topics.

When I moved to Chico I gained weight because I started to eat junk food and I was not thinking about my weight. However, I noticed that eating like this would be bad for my health, so I tried to get diets and see what could I do to eat better, but I didn’t like any diets. Then the next couple of months I started to exercise more and eating healthier like vegetables and fruit and I noticed some changes in my body and my energy. I believe that dieting is not a good way to lose weight or feel better about ourselves because sometimes diets will prevent you from eating when you are hungry and will make you regain the weight, so exercising, eating when you get hungry and eating healthy I think are the best ways to live a healthy life. These articles that I’ve read in this class have changed me in the way that I see people, because we don’t have to judge people by their physical because that doesn’t mean you are not healthy and sometimes we believe we are healthy, but that could not be the case if we are not eating healthy. I’ve enjoyed these articles from this class because I think these topics about dieting and our eating habits are important and could impact our lives to a better change.