

Health Habits Reflection Assignment

Aeden Brookshire

The health strategy I selected, was exercise. I picked this strategy because my current life has no time set aside for exercise and my future career is one with little to no exercise built into it. The SMART goal I had in mind was to jog/run one mile ever morning. It's a SMART goal because it's specific, measurable, achievable, realistic, and time bound.

It's specific because it is specifically one mile every morning. Not just running every day, but one mile at a moderate to high pace, and in the morning before I eat or take a shower. It's measurable because I used the app *Strava* to track my distance. I ran half a mile out, and then half a mile back. This also allowed me to log my time, and potentially get a better time throughout the week. It's achievable because I have done something very similar before. A year ago, in my senior year, I was apart of a weight training class for my PE credit. In that class we would run a mile every day. The only big difference between that and this, is that this was earlier in the day. It's realistic because I only went one mile per day. One mile at a moderate pace is quite reasonable, especially with my fitness background from high school. It's time bound because this assignment is due one week from its given date, which gives one full week to try out the health strategy.

Many of the benefits of running early in the morning were quite surprising. I found myself being much less stiff, due to stretching before each run. I also found myself being much less restless throughout the day. My demeanor was much calmer, and I was a lot less stressed by tasks throughout the day.

There were some drawbacks to this heath strategy though...running is tiring. The hardest part of getting up to run early in the morning, was getting up. Especially now that it's later in the year, it is cold in the morning. Also, just the idea that if I get out of bed I must go run, heavily discouraged getting up in the morning. I think if I had provided a better prize for that run, it would be much more tempting. For example, I could have had food prepared so that when I come back, I can eat without putting in the extra effort of making the food. Another huge drawback—*speaking of food*—is that I would eat a *lot* more. Normally in middle school or elementary school, this would be fine. But, because I am now paying for—or making—most of my own meals, this creates an extra obstacle.

Overall, this health strategy, I think, was somewhat of a success. I don't think the benefits quite outweigh the negatives. But I have solutions, incase I decide to continue with this routine, that would make it much more enjoyable.