

Cancer is a disease that has greatly affected the globe. Not only is it incredibly difficult to treat, in many cases, it also is not exactly preventable. Much of it is due to genetic mutations within our genes. Therefore, the question of how can your health plan prevent it is not an easy question. However, the risk for cancer can be lowered by keeping up a health living style including lots of physical activities and eating properly to give your body the nutrients it needs. This is what I planned to do with this health plan. Another factor, though, in this project was to talk about how it can impact the rest of your family. Since the diseases we looked at were linked with family history, this seemed to be a good idea. Being able to not only impact and lower your own risks, but others' as well. My family has had multiple cases of cancer, some were circumstantial (brought on by behavior or environment such as smoking), and others may or may not have been genetic. Technology and science has jumped forward quite quickly and tests and records are much more detailed and possible. I have always been a great supporter for my family to eat well and take part in a form of physical activity that can be structured around their schedule.

For this month long adventure we looked at three aspects of health that all coincide together: nutritional, physical, and mental health (dealing with anxiety and memory). These were to be monitored according to the plan over the time period. Now nutrition health with is something I started working on several years ago. After becoming incredibly ill and incapable at times at exercising, eating right was very important to me (along with being delicious and already a standard for me). I grew up in a health household and ate balanced meals. Over time, of course, this changed when my siblings and I became old enough to make our own meals. Eating healthily is something I thoroughly enjoy doing. I adore vegetables, fruits, and ingest lots of antioxidants and live cultures (such as yogurt). Although, the vegetables and fruits ratio and amount had been decreasing, so I planned to have three servings of vegetables and two of fruit every day.

The physical health was a part that I honestly had nothing to change in. Besides, of course, being much more specific. I ran a lot, did strength exercises, and took both normal and toning Zumba classes. I also am a very active person in general. It may not be declared as an actual workout, but I still play sports with others for enjoyment, amongst other strenuous activities. I chose not to change, but continue with what I already had set up. Again, though, more specific. Monday and Thursday were running days, Wednesday and Tuesday were strength exercises, and Friday and Saturday were Zumba classes. I thought that there should be a singular off day from anything as exerting as the week to allow muscles to relax and prevent soreness.

Mental health is something I have never much thought of. My immediate family has not had a great run with overall mental health. Three members deal with depression, two of them also have anxiety disorders. I have always felt quite strong, positively, about my memory. I have been able to use several different ways (muscle, photographic, etc.). There was not much thought to

go into this since there were exercises that would be done in class to relax and improve memory. As well, I was not in a group researching mental diseases so would not have to partake in anything on the side.

Before getting too carried away, an important thing to keep in mind is what your fitness is at the beginning in order to compare improvement later. There were four systems we looked at: musculoskeletal, cardiovascular, digestive, and nervous. For the musculoskeletal system I can say that I have never broken a bone and have high bone density. I have sprained and twisted ankles and fingers several times (typically from sports) and have recently hyper extended my thumb. I have had wrist injuries a many times as well (mostly my right). Pulling muscles comes with the territory and have been done over my entire body. In middle school I had what we believed was a soft tissue injury to my left shoulder.

In terms of cardiovascular health I can say that it has been better than it has in the past. At the beginning of sixth grade, I got viral asthma which turned in exercise induced asthma. Over the past year I have been strengthening this system through aerobic activities. Currently, my cardiovascular health is great. And so is my digestive health. Growing up in a household that encourages healthy eating has affected the choices I make personally. There is live culture yogurt available almost always and my family is very big on probiotics and antioxidants. I also eat smaller meals that are more frequent versus larger ones. In regards to my nervous system I have a very high tolerance for pain, and the only anxiety I have ever experienced stemmed from breathing difficulties.

In order to be able to measure improvement from week to week and at the end, there have to be some baselines. I felt that there was no real way to monitor improvement in regards to nutrition. Instead I chose to do two baselines with physical health. One was the mile time, another was being able to hold a particular position for a minute. Testing endurance and strength to see if there is any improvement made with the health plan.

Not only are there goals for where I would like to be with the baselines, but also goals with the plan in regards to impacting family, or personal lifestyle in general. The past several years have been very troublesome with health. I was sick consistently for three years before I started to get better. Lungs take a very long time to heal and being bombarded with colds that ultimately reach the chest is something that took a long time to deal with. My goals are to prevent further problems and to reach the level I was at before I got sick. My family's health has also gotten better than it has been and I would like to continue to push them as well to make better choices.

Again, cancer it not preventable, but eating a diet rich in fruits, vegetables, and other nutrients along with maintaining an active lifestyle can lower risks. If someone does get cancer, if they already maintained a healthy lifestyle, that person can have a better chance of fighting it off, and for longer. I would like to accomplish not only my own goals, but also help to support others around me and my family. I am in a position where I have greatly impacted my family's and several of my friends' health. Leading by example for them to make healthier choices and feel

more confident about them. Due to this I think that I can really help out and encourage a healthy living style.

This health plan was implemented over a month, and as such, reflection was done on a weekly basis. This gave opportunity to see how well you did overall, check up on, and maybe work out some problems that arose during the week to avoid them later.

Week One Health Plan Reflection

Overall I was feeling quite confident about my health plan. It was not a drastic change and hardly a change at all since I was already an active person who ate well. On the beginning day everything went smoothly and was all completed. I had eaten all of my servings of fruits and vegetables, but also found a better way to have those throughout the day. I realized that having a serving of vegetables in the morning was going to be difficult, and also realized that I was eating two during dinner so decided that I would have fruit in the morning and afternoon, and vegetables in the afternoon and evening.

Thursday I did not take part in the physical activity I had planned for that day due to the fact that it was college day. My advisory was heading to San Francisco and therefore decided to go the day before so I was in the car all day. On Friday, college day, I did not take part in any mental exercises since there was no class and I am not doing any exercises outside of class. I am not in the group who has been studying Dementia or other mental diseases and have no interest in beyond what is being done in class. Saturday went well and I am pleased that I was able to keep up my nutrition plan when I was in San Francisco (choosing salads and sandwiches versus other choices), and again no mental exercises. Sunday is my 'off day' for physical activities so I did not partake in any. Along with Monday which was due to incredible muscle knots and pain so I was only stretching. Sitting in a car for nearly twenty hours over the course of three days will ultimately leave you stiff.

During the week there were times when it was difficult and parts were not accomplished. As I have mentioned before I did change my nutrition plan a little as to exact times I will be ingesting those foods. This will help me through the rest of the time with the health plan because it is much more specific. I will be able to see exactly what I eat at different parts of the day and be able to plan ahead for what I will eat later. Another aspect that I have thought about is what types of fruits and vegetables I am eating. I always enjoy variation in my diet and would not want to be eating the same foods for an entire month. As I already know which ones I enjoy, I have made a grocery list and put in more say as to what vegetables accompany dinner since I must take part in the consumption.

Of course I was able to see that there are going to be many challenges with certain forms of exercise since I do copious amounts of physical activities and then do receive some injuries (once in a while). I would like to see how this next week goes and maybe come up with another exercise/activity I can do instead of one that may be too straining.

Week Two Health Plan Reflection

This week was incredibly difficult. Not with the nutrition portion, however, really just the physical plan. I have discussed the San Francisco trip some (the knowledge that I was there), but when coming back it was not incredibly pleasant.

It was decided to paint my room whilst I was away so that I would still get to sleep in my room because it no longer smelled of paint, or was wet. This did not happen though and I was asked to spend the night on the couch. This turned into two days. After spending several days mostly in the car with little sleep, little sleep for the next two days as well with having to catch up on work was not beneficial. Therefore physical activity faltered for a few days as I stretched and attempted to eliminate muscle knots located in my shoulders. All the while I did continue to keep up nutritional health and even had surplus vegetables and fruits (mostly fruits since it is now clementine season).

My physical health plan kicked in again when zumba classes started (end of the week). I took part in a half hour class, and an hour toning class on Friday (11/15). All that week I was keeping up with the mental exercises in class, but not on Wednesday because it was a lab day.

On Saturday there was a standard Zumba class that lasted for an hour, and nutrition plan continued. My younger sister's birthday was next Tuesday and we had decided to have the party that weekend (she had a recital that interfered with other plans, so there was no choice). She wished to go ice skating, so ice skating we went. I had not been in at least a year and half and was a little uncertain how it would be. It went incredibly well, although I spent most of the time trying to help the incapable amongst the company. I fell once, after hitting the tip on the ice by accident, and falling onto my knees. Thought it did not hurt when it happened, or too much afterwards, the next day my knees were beginning to turn colors. However, on the left one it was very deep. Thank goodness Sunday was my off day for I completely stressed the muscle out as I had to walk all over and travel for the recital. Monday, to no surprise, there was no way I was going to be able to run. Not only were my knees utterly bruised, shin splints were resurfacing.

On Tuesday I did manage strength exercises, but only for fifteen minutes (and no mental exercises it was block schedule). For someone who is incredibly active it is frustrating when you are stuck unable to partake in such activities. I could have pleasure though since, honestly, I love what would be considered healthy eating.

Week Three Health Plan Reflection

During this entire week I did not take part in any mental exercises. Again, not taking part outside of class, and due to the fact that there was a block schedule to compensate with the amount of work, there was no time. Biology class was taken up by presentations from those in honors, including myself. The physical plan also had glitches.

On Wednesday, I could not keep up the nutrition plan because a grocery trip was needed, but there was no way to get there and back. My father was working, and my mother was on a trip. I did keep up with my physical plan by doing thirty minutes of strength exercises. Also looking at the improvement in one of my baselines which is continueing to go up towards my goal. Thursday went incredibly well, except for mental participation. I ran for an hour.

Friday and Saturday were when the physical plan fell through slightly. there was no class on Friday and on Saturday I had no ride to the small gym in which it takes place. The nutrition went well over the weekend altogether. Excess of fruit though and on Sunday I did not have enough vegetables. Clementine season had started and there was a wonderful supply available. Monday went as usual; one hour of running. Tuesday as well. Thanksgiving break began on Monday.

I felt that overall this week was a little off. There were several things that came into play that I had not thought about or considered before hand. I did not have a backup plan in case things fell through. For example not having a ride or classes being cancelled. For nutrition it was not having had enough to last me or not being able to make it down. For the next week I plan to organize and plan for an 'in case' moment.

Week Four Health Plan Reflection

It appears that once again I have an everchanging week. For the majority of this week we were off on break so the real test came. Can you keep up the health plan through the holiday, especially with Thanksgiving? For the most part, yes.

Altogether Wednesday did not happen. No mental exercises, or physical ones, and the nutrition plan fell through as well. Thursday began to pick up again but still no nutritional plan. I only consumed two servings of fruit and one of vegetables. The Thanksgiving meal was very small and I had not gotten much of a chance to really eat earlier in the day with just being busy helping out with chores around the house while others cooked. On Friday nutrition came back in, but physical did not. There was again no Zumba class on Friday and found myself without much time to do any other activity.

Everything picked up again Saturday and I felt back on schedule with an hour class and lots of fruits and veggies at home once again. Sunday, my off day for exercise, still went well with

nutrition and relaxation before school started back up again. Monday, coming back, was a breeze after finally getting back to being organized. For the most part it was according to plan, however, I could not run because it became too dark outside so I compensated and did thirty minutes of strength. Tuesday was when running worked out and because of my X-block I also was able to do forty minutes of yoga. Carrots and oranges were quite available for the beginning of this week which was beneficial to my health plan along with being delicious.

After doing a very specific health plan I feel that it is quite helpful. The most specific, the less room to weasel out of it. I have always been a self disciplined healthy person and do know that sometimes that can be quite difficult. Having something, and a reference, that is so exact was beneficial. I do not think that my performance was as well as I had hoped. There were many dramas that popped up throughout the month that prohibited flawlessness. However, I do believe that I can continue to work on my plan and mold it into something that I can continue to use to help prevent illness (not just lower risk for cancer), and keep boosting up my health to back to where it had been.

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In keeping with the weekly reflections, a daily log was also kept. This helped make the reflections more specific, made sure that the health plan was being kept up with, and helped evaluate what was accomplished and what was not as the case may be.

Health Plan Daily Log

DAY	Nutrition Health Log	Physical Health Log	Mental Health Log Anxiety/ Memory	FURTHER Thoughts and Reflection
1 (WEDS 11/6)	Y	Y	Y / Y	-2 servings fruit -3 servings vegetables -30 min strength exercises
2 (THURS 11/7)	Y	N	Y / Y	-College day in San Francisco, driving all day, no chance for phys
3 (FRI 11/8)	Y	Y	N / N	-Mental: no class, College day

				-Physical slightly different: several hours of walking
4 (SAT 11/9)	Y	Y	N / N	-Mental: not participating on weekends -Physical: several hours of walking
5 (SUN 11/10)	Y	N	N / N	-Physical: off day Sunday
6 (MON 11/11)	Y	N	N/N	-Mental: No class -Physical: Muscle knots
7 (TUES 11/12)	Y	N	Y/Y	-Physical: muscle pain, only stretching
8 (WED 11/13)	Y	Y	N/N	-Mental: lab -Physical: 35 strength exercises
9 (THURS 11/14)	N	Y	Y/Y	-Physical: 30 min Zumba class -Nutrition: only two servings had (one of each)
10 (FRI 11/15)	Y	Y	Y/Y	-Physical: 1 hour toning class
11 (SAT 11/16)	Y	Y	N /N	-Mental: no class -Physical: hour Zumba class

12 (SUN 11/17)	Y	N	N /N	-Mental: no class -Physical: off day
13 (MON 11/18)	Y	N	N/N	
14 (TUES 11/19)	Y	Y	N/N	-Only 15 min strength exercises -Mental: block schedule
15 (WED 11/20)	N	Y	N/N	-Mental: block schedule -Nutrition: grocery trip required -Physical: 30 min strength
16 (THURS 11/21)	Y	Y	N/N	-Mental: block schedule -Physical: hour run
17 (FRI 11/22)	Y	N	N/N	-Physical: no class
18 (SAT 11/23)	Y	N	N /N	-Physical: no ride to class -More fruit than veggies
19 (SUN 11/24)	N	N	N /N	-Nutrition: short on vegetables -Physical: off day
20 (MON 11/25)	Y	Y	N /N	-Mental: no class -Physical: one hour running

21 (TUES 11/26)	Y	Y	N/N	-Mental: break -Physical: 30 min strength
22 (WED 11/27)	N	N	N /N	-Nutrition: no vegetables, only fruit -Mental: break
23 (THURS 11/28)	N	Y	N /N	-Mental: no class -Nutrition: two fruit, one vegetable -Physical: 45 min run
24 (FRI 11/29)	Y	N	N /N	-Mental: no class -Physical: no Zumba class
25 (SAT 11/30)	Y	Y	N /N	-Physical: hour Zumba class
26 (SUN 12/1)	Y	N	N/N	-Physical: off day
27 (MON 12/2)	Y	Y	N /N	-Physical: 30 min strength (could not run)
28 (TUES 12/3)	Y	Y	N /N	-Mental: block schedule -Physical: Run-30min Yoga-30min

29 (WEDS 12/4)	Y	N	N /N	-Block Schedule: no mental --Physical: nursing
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				injuries -Nutrition: clementines!
30 (THUR 12/5)	Y	N	N / N	-Mental: No bio
POST PLAN			/	

Coming to the end of the month there is always more reflection and commenting upon accomplishments and the reaching of goals (if they were so reached). I found that every week there was some challenge that came up. Whether it be prohibiting the completion of physical or nutritional plan for the day. Overall I feel very good about my progress. One baseline about being able to hold boat position for a minute was accomplished. I am unsure about mile times since shin splints are something that I have had to deal with a lot. They were also the reason as to my initially long time for the mile run (9:39). In order to further obtain optimal fitness I will continue to eat healthily and consume a lot of nutrients. After getting viral asthma becoming ill was my speciality. Taking care of what I consume will give me a better chance of fighting illness so I can continue to participate in physical activities (my favorite thing). Even though I do have a physical challenges with running (ie shin splints) keeping up with aerobic exercises with help make sure that the rest of my body is in shape when the splints heal.

Keeping up a healthy living style will decrease the risk for cancer. Due to the fact that it is recently that health records are very detailed, there is not clear evidence of whether or not the cancer was circumstantial, or genetic. Therefore, keeping fit is very important.

Over the course of the month, again, many difficulties arose. Something that I will do differently to further benefit myself is to switch up the order in which physical activities I do. Also adding in more yoga and stretching that will help endurance during the more strenuous activities. I think that the most important part of my future health is to not over exert myself. Allowing time for more relaxing forms of exercise that stretch and calm my body will be very beneficial to not only physical, but also mental health that can be continued on in my future.