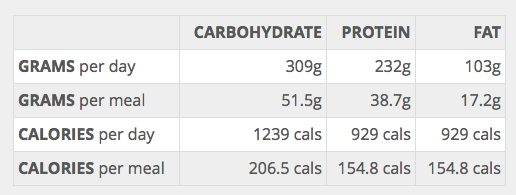
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Lit Review

\*\* Footnote will go here however the full bib is pending…sorry I’ll work on it asap

In a nutshell, the process of attaining a healthier lifestyle can be boiled down to three simple steps. These steps are accepted in our society and your average Joe would vouch for them. The three tips include: Eating healthier, exercising more and sleeping better. To this I ask, to what extent? After I complete my customized programs for eating sleeping and training, I will examine my overall change on paper and hopefully establish that “I have gotten healthier” ON PAPER. Now at a certain point I theorize that I will find myself unhappy trying to complete these programs. At that moment I will Asses what I am doing and ask myself if it is worth it. This point is still unknown and the essence of my project. I am going to find the tipping point that separates manageable fitness discipline and happiness. Because after all, happiness is a pillar of healthiness and if I’m not happy while trying to become healthy, am I even healthy at all? Before I launch into my programs on March 1st I need to construct them, seeing as nutrition is the most important that was the first program I designed.

Many argue that becoming physically fit is nearly 50% what you feed your self. This includes adequate protein, carbohydrate and fat intake throughout the day. This is basic; anyone who is healthy knows this. My project will take nutritious lifestyles to the next level. I plan to design an eating plan and complete it by utilizing various random tips I have found as well as carbohydrate cycling and refined recipes. Now, to fully construct an efficient and effective eating plan I need to even distribute the “techniques” throughout the 8 weeks I have to complete it. The four basic types of eating programs I have proposed based on research are as follows: Strictly fat loss, planned out, a “no-no diet\* and a rational diet. I’m no overweight and all the “fat loss diets I have examined as simply reducing the carbohydrates and upping the cardio, as well as a large increase in vegetables. While this is healthy my goal body type could not be achieved through this method. A planned diet consists of looking ahead and arranging what you will eat and at what time. I will utilize this method for the second part of my eating program. This way I can analyze my reaction in comparison to the more flexible schedule from the first 4 weeks. A no-no diet would be the most inefficient and useless eating program I could do. This would require complete elimination one food and high intake of another.\*\* If an eating program were to provoke unhappiness, this would surely be the one. The rational diet, otherwise known as a zone diet allows for 3 meals and two snacks and suggests that during each meal a strict ratio of fats, carbohydrates and protein be consumed: 30% 40% and 30% respectively.\*\* Freedieting.com has calculated that for each meal I should consume approximately:

This eating formula also does not completely eliminate any food groups. This meal plan will be perfect for my line of focus and keep me happy as I conquer it. Once I provide myself with fuel I’ll need a method for utilizing it and maximizing it’s potential…

There are three training methods on this planet: Power lifting, Olympic and hypertrophy specific. Power lifting and Olympic lifting are both focused on compound muscle groups and are generally utilized in high intensity sports: I.e. football, hockey, rowing… etc. Although my records will track my basic three power moves (deadlift, squat and bench) I also plan to go by measurement as well and for this I need a different training method. For my own training program I will be more interested in achieving a proficient physique and well-rounded athletic poise than developing a specified nature of resistance training. Hypertrophy specific is concerned with isolating individual muscle groups each day. The general format is: Chest and triceps, back and biceps, legs, shoulders and abdominals. Although this is standard curriculum I am manipulating it to tend to my specific goals. My days will be: Back, Chest, Arms (Bi’s Tris Forearms and deltoids), Abdominals and legs. Resistance training is not everything however. Cardio is defined as twenty or more minutes of sustained elevated heart rate and it is suggested that the average person do this at least three times a week.\*\* I am taking it a step further to push my limits. Before each lifting session I plan to perform 20-30 minutes of high intensity intervals as a form of cardiovascular training and rotate between stairs, biking running and erging(rowing). It is important to mix up cardio training so that your body does not grow accustomed to one style. People who run everyday are not doing themselves a favor because soon their body grows accustomed and efficient at this method therefore burning less calories and reaping less benefits. Steve Ilg, author of *Total body transformation* suggests to “do things you suck at” to keep your body interested.\*\* After my muscles are torn in the gym, they will need some recovery.

A balanced fit lifestyle should consist of 1-2 days of rest when light cardio vascular training is the only form of exercise if at all. “Rest is the most underutilized muscle-building supplement in the world”\* Measuring sleep is difficult because I cannot do this by myself. There are many different bells and whistles to help me measure my sleeping patterns every night however I do not think I want to wear a watch every night (refer to happiness factor). At the end of the day the best thing I can do is run a series of experiments on myself and analyze which works the best. The elements with sleep I can survey are: Sleeping with and without an alarm clock, and liveliness during the next day. Some sources recommend I keep a dream journal however getting up in the middle of the night to record my dreams will most likely sacrifice the happiness aspect of my project. Research suggests that waking up with an alarm clock is a terrible way to sleep because within the last hour of sleep your body actually begins to prepare the “waking up” process. \*\* An alarm clock interrupts this process and leaves with that unhappy feeling in the morning. In order to eliminate the need for an alarm and snooze button one must maintain a consistent sleep pattern in order to generate a natural clock that will wake them up naturally and with plenty of energy to start the day. Research has also indicated that the day after a poor night of sleep the body will function fine however 48 hours after that bad night of sleep the body will begin to lag if the sleep is not made up. Data is still inconclusive as to if it is possible to “make up sleep” so I guess I’ll have to find out myself.

At the end of the day my goal is be healthier without sacrificing happiness. I know for a fact that at a certain point in perusing healthiness effort can surpass comfort and one can become unhappy. At this point, the subject is technically “unhealthy” because happiness is considered a “pillar of healthiness”. The world health organization defines health as: *"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”\*\** I want to find the middle ground for my father and myself as we follow my programs and stick to the happiness threshold. Happiness is the most confusing subject I have researched. With so many variables I will never be able to truly calculate my own happiness as well as my fathers. However I can do my best. Oxford offers a happiness test that is designed for experiments much like my own. This test is known as the *Oxford Happiness questionnaire*\*\* I will take this test three times, once when I begin, once after the first 4 weeks and once at the end. Of the entire “test” I saw this seems to be the most conclusive and persuasive. The other side of my entire argument is that to make progress we must step beyond our comfort zone and “get comfortable being uncomfortable.” If this is the case and I stay within my restrictions (proceeding to elevate my happiness score through examinations) I should not see any improvement on paper nor in attitude. I guess I’ll just have to see.

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additionally:

Artifact 7,9,18,19,21 and 24 (not yet cited correctly, please forgive me, there will come a time when this work will get done, I just needed it all on paper)