Fugly Draft

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 design customized programs (more like guidelines to live by with no definite end) for eating and training, I will examine the overall change on paper of my 6 test subjects and myself. Hopefully I establish that “we have gotten healthier” ON PAPER.

Over the course of the 8 weeks that my test subjects and I do this “program” I will have them all do a questionnaire, periodically tracking their progress. Now at a certain point I theorize that any of my test subjects will be unhappy or unwillingto complete a component of my programs. I presume this point will occur at different moments for each subject. This point is still unknown and the essence of my project. **I am going to find the tipping point that separates manageable fitness discipline from happiness**. Because after all, happiness is a pillar of healthiness and if I’m not happy while trying to become healthy, is it even worth it? The guidelines I give my test subjects will be very basic and perfect for the average person’s fitness level. My end result should be a refined set of guidelines that could help most any teen achieve H2 (the happy healthy threshold).

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 yourself. 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. My eating plan will consist of two parts broken into 2 segments of 4 weeks each. This enables me to split it in half. Before I reveal my plan it’s important that you understand that every eating plan or nutrition program varies. There are vegan diets built for body builders and high fat diets used to support the elderly. \* at the end of the day there is no “one size fits all” method for nutrition. It really comes down to whatever floats your boat and feels right for you. This is why the “program” I have created is more a set of guidelines. The guidelines are strict enough that caloric intake is relatively regulated however loose enough that the subjects keep their sanity.

My first production of the nutrition guide included 8 parts. The first part is a helpful tip I have used in the past called “your foods.” The second is related to vegetable intake constantly throughout the day. (elaborate on importance of this) The third, fourth and fifth relate to out of the house eating (where most tend to cheat). Six, seven and eight are individualized guidelines that people with different goals can follow. (insert info )For example those looking to gain mass may follow a tip of eating a handful of nuts before bed to help casein protein manifest in their digestive system to prevent muscular catabolism overnight. (Insert info)

The first nutrition guide is simply a proto type. Through periodic questionnaires I will take feedback from subjects and continuously alter my programs. By the end of the time I will have a nutrition guide that could fit the commitment ability of most teens. Of course this is a broad assumption however I do have a mixed group of several teens and the scope should provide a great perspective for the subject at hand.

My training program revolved around the same principles. I did not want to create a strict schedule that my subjects had to follow but rather a basic outline for what their workouts can entail. The three levels can fit any amount of commitment ranging from 30 minutes 3 times a week to 2 hours 5 times a week. The key with my training guidelines is that the “highly recommended” exercises have balance. The most important part of resistance training is that all muscles are worked evenly. (Insert info) For example when training legs equal time and effort has to go toward quads as hamstrings. The other component of the training guides included a stretching routine that breaks down every body part and incorporated the bet stretching motives for each ensuring that no one pulls a muscle and achieves adequate growth. (Insert info). Of course subjects can follow the guidelines just as they are written, in which case they would complete a cardio segment of approximately twenty minutes then lead into resistance training and then stretching. After a week of following these plans and the questionnaire, I’m debating moving the cardiovascular training to the back of the workout In order to reduce lactic acid and loosed the muscles before stretching. Additionally I may move the majority of stretching to the beginning and have some simple ballistic movements in the end. But again it will depend on my feedback.

The questionnaires will be given out at the end of two weeks, four weeks, 5 weeks and the final week. (elaborate) At the end of the process and the refinements the guidelines I will have a set of advice that is perfect for most any teenager’s schedule. I will then have the group take the same questionnaire I had them take before it began and see as a whole how much the group improved. (flexibility, contentment, physicality).