Stasis Theory:

**Fact**:

Most people on planet earth experience stress in one way or another. According to the American institute of stress (see artifact 18), a study conducted through a poll of workers throughout America in 1999: 40% of workers in America experience unhealthy stress at the job and 25% of the workforce lists their job as the number one stressor in their lives. According to the USDA the average teenager in America consumers nearly 34 teaspoons of sugar daily (24 teaspoons above the suggested 2000 calorie diet). It is the consumption rates like this that make America one of the most obese countries in the world.

I propose that living a healthier lifestyle and achieving a fitter status could A) reduce stress and B) improve the overall “happiness” of the average folk.

**Definition**:

My research will primarily benefit those who find themselves stressed or unhappy in an aspect of their lives that have not yet discovered “the gym life.” Once they see results they will become addicted. Additionally the attitude the fitness game will help most people develop can translate into other and more broad spectrums of life. Getting fit is about a change in lifestyle. Any successful person knows that to succeed in anything one must dedicate time and effort CONSISTENTLY and PERSISTENTLY to see results. If those who are stress dismiss my presentation…it’s their loss, it’s your body do what you want. I’m certain that an improvement in your health will mean an improvement to your life.

**Quality**

In general, obesity and stress in America is an issue. One that many people have devoted their lives to in order to fix. I don’t plan to get up on stage and yell at a bunch of kids about why they are fat and why they need to exercise and eat better: that’s an unhealthy process in itself. What I do plan to do is leave people with some tips that hopefully will cross their mind. It’s not one swing of a hammer that takes down a wall, it’s the repetitive hit that cracks and dismantles a structure. What I mean is, one motivational speech telling kids to shape up won’t work, but a progression of tips that can be utilized on a daily basis may just change a few things. Kids will listen, or they won’t but I’ll do my best to keep it interesting: loud and hopefully humorous, this way the minor tips will stick and a potential health turn around could be made.

**Policy**

If everyone took an extra second to think about what they were feeding themselves, or went to bed an hour earlier or did twenty more minutes of cardiovascular exercise, the world would see a change. A juristic widespread enforcement of exercise would solve nothing, in fact that would hurt more than it would help. This is why a diet does not work. Doing a lot for only a short period of time may get you some results, however soon you would return to your own ways and the results would dissipate. Making small adjustments constantly and persistently in your life is the key to change. Personally, I like where I’m at health wise however a part of me wonders, where could I be if I truly set my mind to my craft. For the next two months I will go 100% and see what I can do. With my research I will pass on my knowledge and hopefully the tips I provide will linger in the minds of many. All it takes is one kid to listen to me, get results, brag to his or her friends and begin the chain reaction. I do predict that at the end of this 8-week period of training and being health conscious my stress will dissipate almost entirely and I will truly be a happier person.