How I would rate my level of health? I would say it is poor to almost very poor. This is most likely due to my laziness as a person. However I was not always this lazy, but the last two to three years I haven’t really done much in area of physical activity. I would get a ride to and from school because it was available and whenever I was going somewhere I would get a ride instead of walking. Looking back I could have walked but I didn’t. I know I am not in good physical shape because I am over weight, I run out of breath quick after a short distance of running or even walking fast, and I am tired all the time. Another thing is that I have a poor diet and that is proving hard to change because I am not the one who buys the food in the house, but I am still to blame because I do go out to eat at a fast food restaurant at least once a month.

Would you like to change your rating of health by the end of the semester? Well of course I would, now, and over this semester and the rest of my life. I want to be fit and healthy, I would like to be able to run long distances and not be out of breath in the first ten meters. I would like to change my eating habits. Eating healthy could really change things for me such as my weight. I would also like to build muscle because that would make my career choice much easier once things start rolling. I mean like who has ever heard of a weak police officer before? Getting rid of my excess weight and building muscle are my two big things I want to accomplish this semester.

What would motivate me to do this? Well that is where it gets tricky. I have tried working out before but without anyone to work out with it is just hard and a bit uncomfortable. I guess I would need a work out buddy, and a consistent schedule to work out. However even with that I guess it all comes down to results. I hate not seeing results, even though they take time to come. But that means I need to be more patient and just keep with it even if it seems like it is getting me nowhere. Yet after all that once I start working out I would have to keep with it and if I have learned anything from the past it’s that once you miss one day you start to miss them all. I will need to keep consistent and I will need to not miss any days, unless of course of sickness or school work, and if I do miss a day I will have to make up for it another day. All in all I will try and become a healthier person this semester and with some work I will reach my goals.