

Maintaining A Happy And Healthy Lifestyle

By: Saniyyah Ray

What does being healthy mean?

Being healthy is not about being skinny or building up your muscles in a gym, it's about feeling fitter - physically, mentally and emotionally. Healthy living means making changes to your life to develop new habits that improve your health in all these ways.



What are some alternatives to maintain a healthy lifestyle?

1. Reduce salt and sugar intake.
2. Eat regularly, control the portion size.
3. Drink plenty of water instead of sugary drinks.
4. sleep 7 to 8 hours at night.
5. Do at least 1 productive thing a day.
6. Celebrate Little victories.

Why did I decide to take my health seriously?

I decided to take my health seriously during the beginning of the covid-19 pandemic. My entire family contracted covid-19 and it affected us mentally, physically and emotionally. I began to have anxiety and became an emotional eater and noticed weight gain, which ultimately made me depressed. During this time I made the conscious decision to regain my life back and not allow covid to get the best of me.

What steps did I take to put my health in good shape?

1. Cut out all sugary and fattening foods.(soda,juice, chips,candy,ice cream, fried foods, ect.)
2. I began to exercise 4 days out of the week for at least 30 minutes.
3. I did intermittent fasting. I only ate between 11-7. After 7:00pm I stopped eating. This helped stop late night snacking.
4. I started writing down what I ate and when I ate it.
5. Started getting 6-8 hours of sleep at night.
6. I started doing yoga.
7. I started becoming more spiritually inclined.

What changes did I see within myself?

After taking the steps that I took I began to see a change not only in my body but my energy . I started to lose weight and became more energized during the day without being sleepy or as drowsy as I used to be. I also started to feel better about myself I gained the confidence in myself that I had once lost.

Different things I've face while on my fitness journey

1. Depression
2. The need to give up
3. Frustration from not seeing progress
4. Thinking I look way bigger than I actually did
5. Thinking about nothing but what I'm eating and how much im exercising(overobessing)

Different foods I ate that helped me on my fitness journey



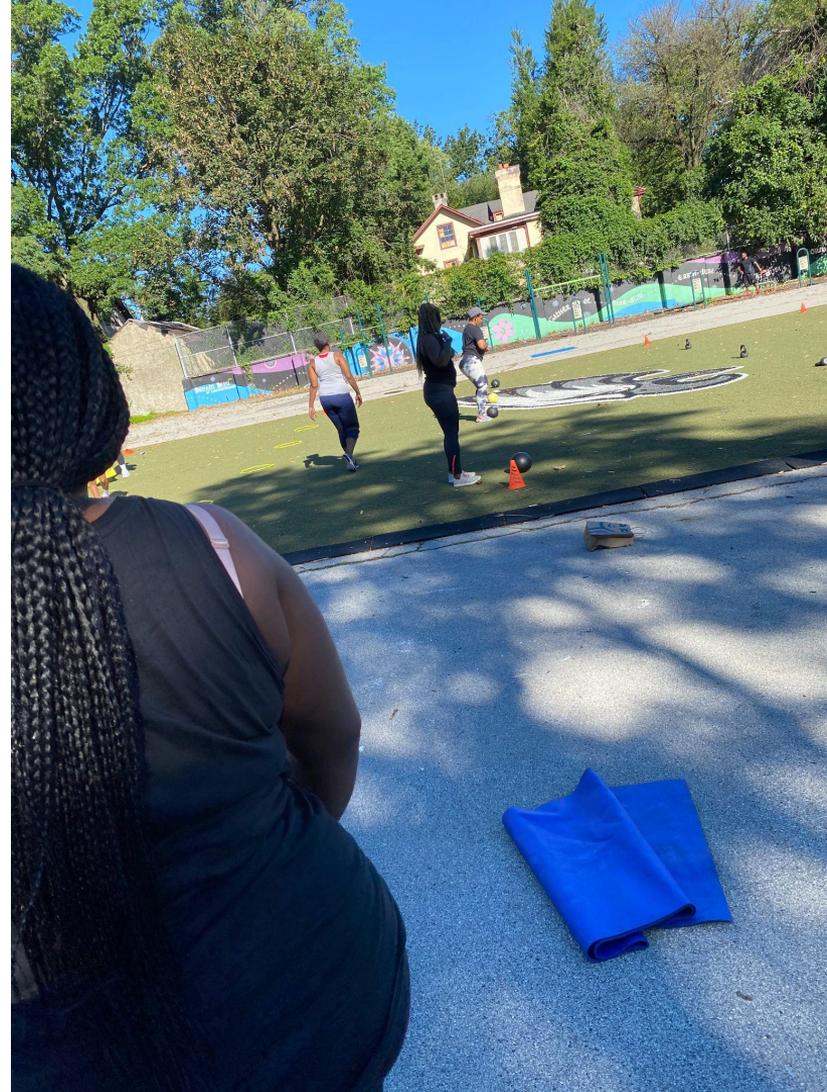


Pictures of when I went to the gym





Picture of outdoor fitness class



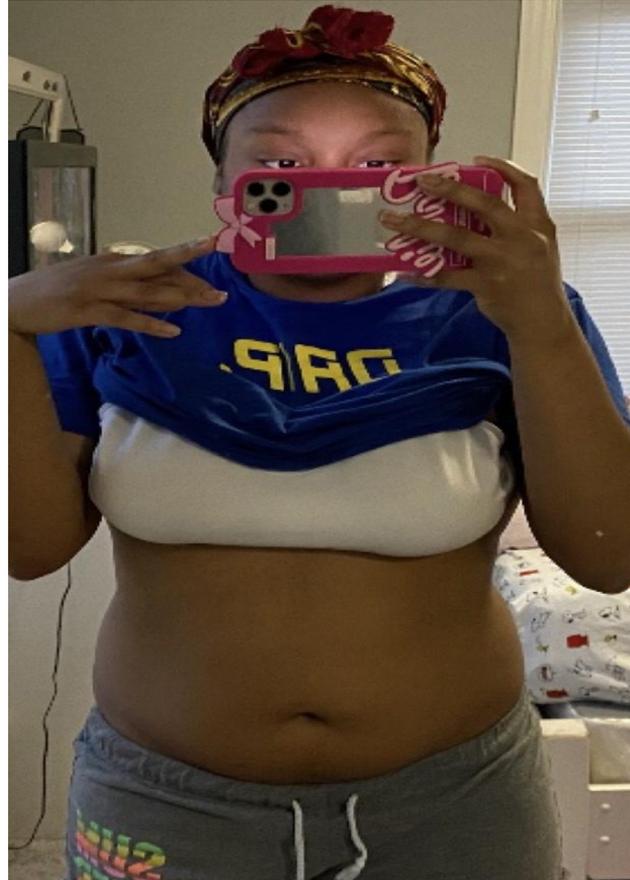
Before and after pictures

First picture:

may 10, 2020

second picture:

august 11, 2020



Before and after pictures

First picture:

May 10, 2020

second picture:

august 27, 2020



Video of fitness class

<https://youtu.be/VJfzi710pME>





Annotated Bibliography

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<https://docs.google.com/document/d/1aeegqK-RHuPBXQRPsunUzM3ucYZ0sa-IK4DwvBW8OM4/edit?usp=sharing>

Thank you!

