

Joseph Loo

12/2/13

Biology

Joseph Loo's Health Plan Write Up

I hope my health plan will help me stay healthy and not develop diabetes over time and maybe some of my family would do the same thing to help themselves protect themselves from developing diabetes. This can also help benefit my Dad too because he currently has Type 2 diabetes.

I will eat at least 2-3 servings of fruits or vegetables every day to balance my nutritional health because I want to eat more fruits and vegetables and consume less snacks every day. For my physical health, I will go on the exercise bike or treadmill for 15 minutes on Mondays to Fridays and record how much distance I covered. Finally, I will meditate for 10 to 15 minutes every day for managing my mental health and stress levels because I want to manage my stress levels a lot over the course of one month.

I didn't have any musculoskeletal problems since I was a kid. I had healthy bones, but I developed a slight bit of scoliosis during middle school. For my cardiovascular health, I hike a lot on the Rancho Carrillo trails for 5-7 miles to build up my stamina. For my digestive health, I eat healthy foods to balance my diet every day. For example, I eat most of my fruits and my sandwich every day and save snacks for later on in the day. Finally, for my nervous system health, I usually get a good 7-8 hours of sleep every day. Since I have Autism and ADHD, every morning I have to take a medication to help me focus and also control my behavior. I have a good memory for a lot of things like speeches and some academic topics in school. I memorize important information like math formulas, speeches, and important academic concepts by taking notes and reviewing my notes over and over until I get used to what I wrote down. I also practice my speeches and presentations with my family so I can improve my memory skills.

At my beginning date (11/5/13), I will start my health plan by recording my starting weight for my nutrition, record how much distance I cover in 15 minutes on the exercise bike or treadmill, and I will write down my starting meditation time (how long I can meditate for). I will do daily nutritional and mental health activities and weekly exercising over the course of one month. For my nutrition, I will record whether I ate 2-3 servings of fruits or veggies a day on a log sheet and also the number of snacks consumed each day. I might also specify what I ate for each day as well. For my mental health, I will meditate for 10-15 minutes a day and record the times on a log sheet and also my pre and post stress levels after school. Finally, for my physical health, I will go on the exercise bike or treadmill for 15 minutes Mondays through Fridays every week (5 days) and record my distance on a log sheet. At the end of the month (12/5/13), for my nutrition, I will tally up the total times I ate fruits and snacks consumed and see which came out on top as far as my end weight is concerned. For my physical health, I will exercise one last time and find the best distance covered in 15 minutes. Finally, for my mental health, I will do a final meditation session and record that time. I will also figure out which are best times and also the best stress change meditation session. My baseline for my weight is 131 lbs.. For my exercising baseline, my starting distance is 4.02 miles. Finally, for my mental health baseline, my starting concentration time is 11 minutes.

My three goals that I want to accomplish are to find ways to reduce my stress after school, consume less snacks in order to not develop diabetes, and making exercising a part of my weekly routines outside of school. I want to find ways to reduce my stress after school because I really get stressed out from a lot of homework or have big events coming up like tests, presentations, etc. I want to watch my diet by eating less snacks. Finally, I want to make exercising become a part of my weekly

(or maybe daily) lifestyle.

One way you can manage a diabetic life is by exercising and eating right. By minimizing the amount of snacks you consume every day, you can usually keep your blood sugar levels under control and not encounter too many problems later on. Exercising is essential for living a daily diabetic lifestyle because it helps manage your blood sugar levels and also helps you handle stress a little easier. It is all about finding the right balance for exercising and managing your diet. Doing activities like meditation sessions can also help lower stress because stress can raise your blood sugar levels.

Week 1 Health plan reflection (11/12/13)

My health plan is going well so far! For my nutrition, throughout each day, I ate 2-3 servings of fruits as part of my diet. I ate various fruits like bananas, grapes, oranges, and apples as part of daily diet. At the end of each day, I recorded on my log how many times I had fruits and how many times I had snacks as part of my daily diet. For example, if I ate 3 pieces of fruit and 2 servings of snacks, I would record those numbers on my log sheet and say that I did do my nutritional health plan for that day.

For my physical health, I go on an exercise bike for 15 minutes every Monday to Friday and I record how much distance I covered in the 15 minutes. I usually do my exercising in the afternoon right before I do my daily mental health exercises. Sometimes, I go on the treadmill and do my exercising, but I still do my exercising for 15 minutes to have a consistent time limit every time I exercise. This is only part of my health plan that I am doing a weekly check because exercising every day might be a little too much to handle. So far, my best distance record so far is 4.16 miles.

Finally, for my mental health plan, I do daily meditation sessions. I do meditation sessions because I think it is a great way to reduce stress every day. I read in a new diabetes book that stress can raise blood sugar levels. Higher blood sugar can be bad for people who have diabetes. I usually meditate for about 10-15 minutes every day and I record how long I meditated on my log sheet. In addition to my meditation time, I also record my pre-stress levels and post-stress levels before and after I meditate. I usually stress out a lot every day from homework and other things that make me very nervous. After I meditate, I usually feel pretty relaxed. I also memorize storybook text for school (because we have a presentation on December 9) and also to improve my memory skills. I have a good memory for memorizing formulas and speeches, but a whole book can be a good challenge for me, especially stories that have rhyme schemes as part of the reading style. I usually practice memorizing parts of the text multiple times to memorize what I am going say. Sometimes I also try presenting what I know to my peers and my family to get feedback and see what I can improve on my memorization skills.

I think my health plan is going well because I usually keep things pretty consistent. If I stick with a consistent plan like exercising for 15 minutes, I usually don't have to worry about inconsistent data every time I record my results on my log sheet. I also keep notes on certain parts of the plan like what did and did not go well and any other thoughts I have on certain things. Overall, I am doing pretty well on my health plan!

Week 2 Reflection (11/19/13)

My health plan is still going strong! I am still meeting the same requirements for my weekly exercising and my daily mental and nutritional health plans! Nothing has changed since last week though.

For my nutrition, I still eat 2-3 servings of fruit a day. Mostly the same stuff like grapes, apples, and bananas. I usually have fruit as part of my lunch and I have fruit for dessert every night to balance my diet a lot. Sometimes, I have my snacks come close to the number of servings of fruit that I have. Other than that, my nutrition is still balanced and I always keep track of my progress on my log sheet.

My exercising plans have been the same as last week. I exercise either on the treadmill or the bike for 15 minutes and record how much distance I covered in that time. I still keep the time limit consistent because I usually don't change how I time myself exercising. I also listen to music or have something to keep me occupied while exercising so I can pass the time more. The farthest I have gone so far is still 4.16 miles. I might consider going on the treadmill more, but other than that, I am still okay on my exercising.

Finally, I still meditate a lot after school and occasionally in the morning. Meditating helps out a lot in dealing with my anxiety, especially when I have something big coming up like a presentation or when I have a lot of homework. I still meditate for 10-15 minutes daily and I do this after I exercise to relieve stress. I am now considering doing my meditations while I wait for Joel to be done with basketball practice because waiting until after 5 o'clock or 6 to meditate might be a problem. It might be around 6:30 or 7:00 when I finish my meditation sessions and it can be a problem when it comes to balancing my work schedule. As far as my memory text is concerned, I still memorize my reading in class and at home every day. I just learned a new technique that will help me improve my memory skills. I start by reading one word and then 2 words and so on. For example, "You", then "You have", then "You have brains", and so on. This helps memorizing text one word at a time. I am usually in a quiet space like my room to help me concentrate on memorizing the text a little easier. My record so far is still 11 minutes and that was from Week 1!

Overall, my health plan is still holding up nicely because I still keep my plans pretty consistent. I will use any helpful techniques and tricks I learn as time goes on to benefit me in the future and I am still recording my results on my log sheet to keep track of my progress so I won't fall behind on my health plan. I might get stressed out from time to time, but I still find my meditation sessions helpful to manage my stress a lot! I hope to continue to keep up with my consistent pace on my health plan!

Week 3 Health Plan Reflection (11/26/13)

I am still good on my health plan! Everything has been the same, except I had to skip one day of exercising.

The nutritional plans are still going strong! I have been eating more fruits than snacks because I usually eat a lot of snacks. By eating more fruits, I can really make a difference in staying healthy! I still try and at least keep the numbers balanced so that I can still balance my diet as much as possible. I am still recording the results on my log sheet because I have to a health plan write up soon. Plus, I want to stay up-to-date with my health plan so I wouldn't fall behind!

My exercising is going well! Throughout this week, I had to skip a day of exercising because of a homework issue. I encountered a problem for my Humanities oral history project. I had to use iMovie, but there were issues of updating iMovie and I had to stay up till 12:30 P.M to finish the first draft of the interview. On a lighter note, my stamina is getting stronger! I have been going farther the more I exercised on the bike! I also try and go faster while I am listening to something because I usually find myself going faster when I am doing that. My farthest distance record is now 4.36 miles, which is a significant improvement. Overall, everything was fine except for the iMovie issue.

As far as my mental health is concerned, I am seeing a lot of success from my meditation

sessions! Whenever I was stressed out from things like having a lot of homework, I usually meditate to relieve my stress before I continue working. I even started to practice my memorization reading during my meditation sessions too! I still plan on meditating during Joel's basketball practices because they take a while to complete and I usually feel stressed from homework. I had a couple of sessions go for 15 minutes, which is good! My memory text is getting better as I practice more. I can usually memorize the first parts of the text well because there were easy rhyming words to memorize. I am now considering to practice in front of my family to see if I had improved more on my memory. Overall, I feel that my memory improved a little bit!

Overall, besides skipping a day of exercising, I am still doing well on my health plan! I feel like my memory skills have improved a little bit, my stamina is getting stronger, and my diet is still balanced. I hope there won't be as many issues during week 4 because it is almost the end of the health plan!

Week 4 Reflection (12/3/13)

It is almost been one full month of doing my health plan and I am still doing well on the health plan! Just like from week 3, I had to skip one day of exercising, but it was a lot less stressful than the iMovie issue.

My nutritional health is still going strong! I am still keeping my diet balanced as far as eating fruits and snacks. I hadn't had anything mess up my nutritional plans at all during my health plan because I was keeping up a balanced diet! I continued to find times where I can eat some fruit during the day as part of my daily meals. At the very end, I am going to tally up the number of snacks and fruits I ate and also record my weight to see if I made any significant changes to my nutritional health.

My exercising is still going well! On Thanksgiving Day, I had to skip exercising because I had to go to a Thanksgiving party down in Irvine. I had an awesome time there, but I couldn't do any exercising on that day because I had to leave around 2:30 P.M. Also, I got home around 9:30 P.M, which was too late to do any exercising at that point. I missed a total of 2 days of exercising so far, but that 2nd day was a lot less stressful! Other than that, I have been getting stronger from riding the bike! I was able to go 4.89 miles from exercising on the bike for 15 minutes because my stamina has improved a lot! I rode on the bike at a fast pace because I had a lot of stamina and I was pretty fast on the bike! For the post plan, I will exercise one last time and find the farthest distance I covered for 15 minutes as my final results.

Finally, my mental health is still going well! I had to do a couple of meditation sessions in the afternoon because of things like SAT Prep classes. Throughout week 4, I had some meditation sessions go for the maximum 15 minutes! I also continued to recite parts of the memory presentation text during my meditation sessions to improve on my memorization skills! My memory presentation was coming up soon. So, I figured that I could mix in memorizing text during my meditation sessions because it gave me some quiet time to memorize text and reduce stress at the same time!

Overall, my health plan is still going well! I am almost done with the health plan, but I still want to continue to balance my diet, keep exercising, and managing my mental health by memorizing reading text and doing daily meditations. This health plan has helped me make significant improvements to my daily health and also manage my anxiety a lot! I might even consider extending this health plan as part of my daily lifestyle outside of school!

Health Plan Daily Log

Joseph Loo

Class: Ducks

***Note: I am checking nutrition and mental health daily and physical health weekly (Mondays-Fridays) for my health plan.**

Class: Ducks

DAY	Nutrition Health Log (number of fruits/vegetables I had each day) (Number of snacks I had each day) (Daily)	Physical Health Log (Distance covered on bike/treadmill in 15 minutes) (Weekly)	Mental Health Log Anxiety/ Memory (Meditation time) pre-stress level (low to high) post-stress level(low to high) (daily)	FURTHER Thoughts and Reflection (notes)
1 (WEDS 11/6)	Did it? Yes No Fruits: 5 Snacks: 2	Did it? Yes No Distance covered: 4.02 miles	Yes no / Yes no Time meditated: 11 min Pre stress: high Post stress: low	memorized text. Starting meditation time: 11 min. Starting weight: 131 lbs. Starting distance: 4.02 miles
2 (THURS 11/7)	Did it? Yes No Fruits: 3 Snacks: 1	Did it? Yes No Distance covered: 3.36 miles	Yes no / Yes no Time meditated: 10 min Pre stress: medium Post stress: low	normal
3 (FRI 11/8)	Did it? Yes No Fruits:4 Snacks:2	Did it? Yes No Distance covered: 3 miles	Yes no / Yes no Time meditated: 10 min Pre stress: medium Post stress: low	normal
4 (SAT 11/9)	Did it? Yes No		Yes no / Yes no	Kept a consistent

	Fruits:4 Snacks:4		Time meditated: 10 min Pre stress: medium Post stress:low	pace so far.
5 (SUN 11/10)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:3		<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: medium-low Post stress: low	Did meditation in the morning and I balanced the number of fruits and snacks I ate.
6 (MON 11/11)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.05 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: low Post stress: neutral	Afternoon meditation. Still balanced my diet and exercising before I relaxed.
7 (TUES 11/12)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.06 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 11 min Pre stress: medium Post stress: low	Normal
8 (WED 11/13)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.06 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: high Post stress: low	Really stressed out before meditating
9 (THUR 11/14)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.03 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: high Post stress: neutral low	Memorized a lot.
10 (FRI 11/15)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:4 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.04 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: high Post stress: low	Memorized a lot of text.

11 (SAT 11/16)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:2		<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: medium-low Post stress: low	Fairly low stress. Meditated near my bed time.
12 (SUN 11/17)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:2		<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: medium Post stress: low	Nice and calm before relatives came.
13 (MON 11/18)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:4 Snacks:3	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.15 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: high Post stress: low	normal
14 (TUES 11/19)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:0	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.36 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: medium-high Post stress: medium-low	Memorized text during school while Mr. Leader made noise. Learned a new memorization technique.
15 (WED 11/20)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:0	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.36 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: medium-high Post stress: medium-low	normal
16 (THURS 11/21)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:1	Did it? Yes <input checked="" type="checkbox"/> No Distance covered:	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: VERY HIGH Post stress: low	Had to skip exercising because of iMovie update issues.
17 (FRI 11/22)	Did it? <input checked="" type="checkbox"/> Yes No	Did it? <input checked="" type="checkbox"/> Yes No Distance	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated:	normal

	Fruits:2 Snacks:0	covered: 4.25 miles	10 min Pre stress: low Post stress: low	
18 (SAT 11/23)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:3 Snacks:2		<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: low Post stress: low	normal
19 (SUN 11/24)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:1		<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: low Post stress: low	Celebrated my Mom's birthday!

20 (MON 11/25)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.22 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: low Post stress: low	normal
21 (TUES 11/26)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.34 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 10 min Pre stress: low Post stress: low	normal
22 (WED 11/27)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:2 Snacks:2	Did it? <input checked="" type="checkbox"/> Yes No Distance covered: 4.11 miles	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 11 min Pre stress: low Post stress: low	normal
23 (THURS 11/28)	Did it? <input checked="" type="checkbox"/> Yes No Fruits:7 Snacks:4	Did it? Yes <input checked="" type="checkbox"/> No Distance covered:	<input checked="" type="checkbox"/> Yes no / <input checked="" type="checkbox"/> Yes no Time meditated: 15 min Pre stress: low Post stress: low	Had to go to a great Thanksgiving Party!

24 (FRI 11/29)	Did it? Yes No Fruits:2 Snacks:0	Did it? Yes No Distance covered: 4.89 miles	Yes no / Yes no Time meditated: 12 min Pre stress: low Post stress: low	A lot of waiting for iPhones on Black Friday. Excited for iPhones!
25 (SAT 11/30)	Did it? Yes No Fruits:2 Snacks:1		Yes no / Yes no Time meditated: 15 min Pre stress: low Post stress: low	Had a great party and Thanksgiving dinner with my relatives and cousins!
26 (SUN 12/1)	Did it? Yes No Fruits: 2 Snacks:0		Yes no / Yes no Time meditated: 11 minutes Pre stress: medium Post stress: low	Normal, but I did my meditation in the afternoon to feel less anxious before SAT Prep class. Kind of had a lot of HW, but I'll be okay.
27 (MON 12/2)	Did it? Yes No Fruits: 2 Snacks:1	Did it? Yes No Distance covered: 4.29 miles	Yes no / Yes no Time meditated: 12 minutes Pre stress: medium Post stress: low	Normal.
28 (TUES 12/3)	Did it? Yes No Fruits: 2 Snacks: 1	Did it? Yes No Distance covered: 5.08 miles	Yes no / Yes no Time meditated: 14 min Pre stress: medium-high Post stress: low	normal

29 (WEDS 12/4)	Did it? Yes No Fruits: 2 Snacks:0	Did it? Yes No Distance covered: 5.10 miles	Yes no / Yes no Time meditated: 15 min Pre stress: high Post stress: low	Had a decent amount of homework to make me really stressed out.
POST PLAN	Did it (for 12/5/13)? yes no Fruits: 2 Snacks:1 Final fruit total: 84 fruits Final snack total: 44 snacks Final Weight: 132 lbs.	yes no Distance covered (for 12/5/13): 5.30 miles Farthest distance covered: 5.30 miles	yes no / yes no Time meditated: 15 min Pre stress: very high Post stress: low (the stuff above is for 12/5/13) Best Meditation session date (in terms of stress levels and concentration time): 12/5/13	My health plan went well!

I found that staying on a consistent pace for my health plan does help a lot. If I try and change up parts of my health plan like how long I exercise on the bike, the recorded results might not be as accurate. For example, if at any point I exercise longer than 15 minutes, the results at the end might be a little confusing to understand how I covered a larger distance on either the bike or the treadmill in 15 minutes. I also find that meditating helps a lot in reducing my stress after school because I usually feel really stressed out because of something big like Honors presentations or a large amount of homework that have short deadlines.

One thing I could have done is to record my own blood sugar levels at the start of the health plan and maybe check it again at the end to see if my health plan helped my blood sugar levels in any way possible. Other than that, I don't think I could have improved on anything else.

I think this health plan will serve me, my family, and others for diabetes prevention because I can influence others to do exercising more often and also have create their own mental health exercises to relieve stress from events like getting laid off of a job, presentations, etc. This will also help people watch what they eat every day because if they keep eating unhealthy stuff, they might be developing diabetes without even realizing that they have it.

Some of the things I might do differently to benefit me more in the future are to try and do some

of the exercising early whenever I have important events go on with my family like holiday parties and visits with other relatives. I also might consider making my meditation sessions go on until I feel like I need to stop to show even more growth on my meditation sessions. I think one the most important things that I learned is that you should plan out how you are going implement your health plan activities over a long period of time. For example, if you have to do your health plan over a school break, whenever you have some free time, you can do your health plan activities during that spare time. This can also help out whenever you have upcoming family related activities because you won't have to worry about not being able to do your activities later on in the day. Another important thing that I learned is that meditation sessions help out a lot in reducing my stress levels! Managing my stress was always an issue because I get really anxious whenever I have a lot of homework, doing things under pressure like dissections, and also being prepared for big events like finals, SAT's, and big presentations. Daily meditation sessions has benefitted me a lot whenever I was really stressed out because I can just push aside my anxiety and feel more relaxed about my school work and doing well on my tests and presentations.