

University of Wales Trinity Saint David in Birmingham

E Portfolio Evidence of Learning



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Student Name: Miller do Espirito Santo Avelino

Student ID: 2025206

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Lecturer's Name: Dr Azora Hurd

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Introduction

The objective of this assignment is creating a E Portfolio Evidence to develop a campaign that promotes or defend a healthy body in society, to help the families how to control their weight and avoid obesity.

To promote my idea and engage with my target audience society, I will produce two artefacts for discuss like **Mind Map** and a **Blog**.

The present task will do by internet research and online libraries.

Then, I will write a little conclusion to complete this assignment.

1. Mind-Maps Health Body

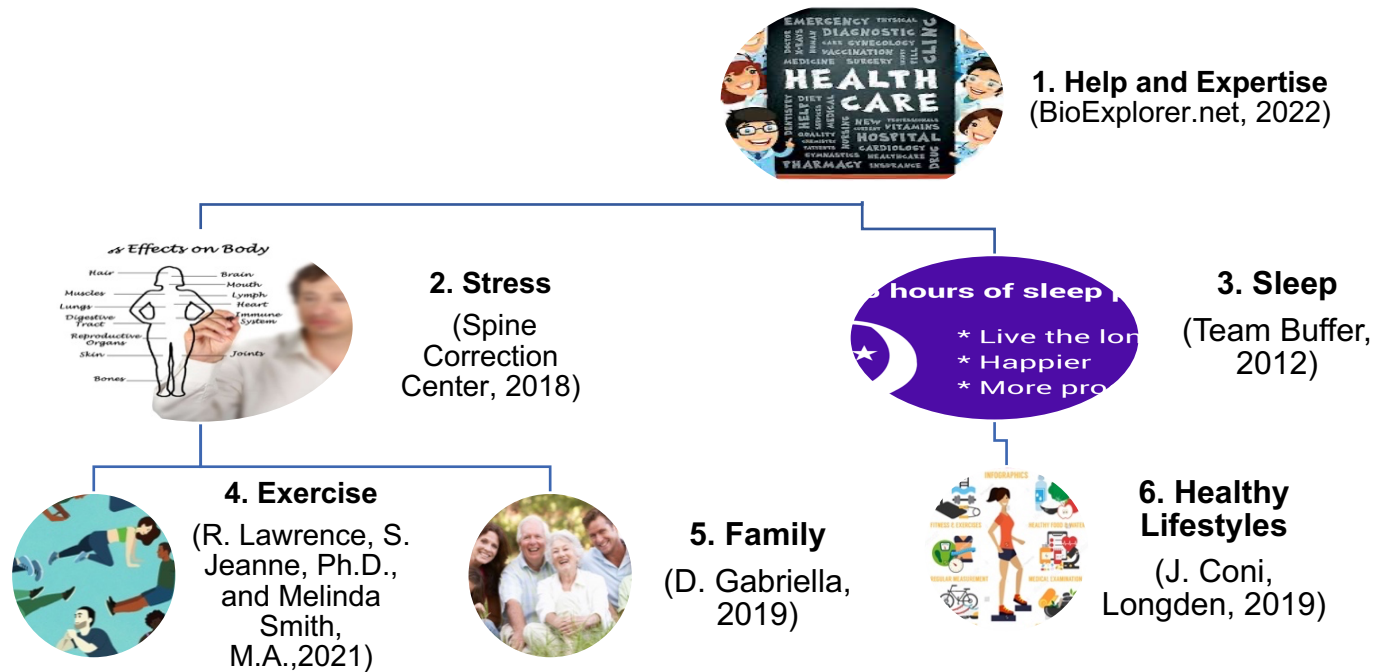


Fig.1 Mind-Maps

1.1. Help and Expertise

Whereas, to people get expertise how to get develop your body, there are several mechanisms for example:

- Meet Doctor
- Parents
- School Nurse
- Personal Trainer

To understand what's going on with our bodies, we first need to see the primary care doctor for an initial diagnosis.

Nemours Foundation (1995-2022) said that the parents may help babies and young children feel good about their bodies by doing things like: Give affection and play in ways that allow new-borns to move their bodies to learn new skills.

1.2. Stress

Spine Correction Centre (2018) said that stress overload, can be damaging to your body in a variety of ways. As sample, if we examine closely, we can see that over 50% of the population in the United Kingdom experiences negative health effects because of too much stress in their daily life. Take, for example, the dramatic increase in food prices.

How stress affects body, well-being or how to reduce:

- Even when things get difficult, try to have a sense of humour.
- Make time to socialise with your family and friends.
- Eat a well-balanced diet.

1.3. Sleep

We all know how difficult life can be when we aren't getting enough sleep. In this scenario, we must get enough sleep to continue a healthy body, as sleep is essential for maintaining one's physical and mental health (Pharmacist Support, 2022).

It's common knowledge that lack of sleep can affect your energy levels, emotions, performance, and enjoyment of life. So, think about how you can improve the quality and quantity of your sleep for a few minutes.

To get enough sleep each night we should:

- ⇒ Go to bed in time for at least 8 hours of sleep
- ⇒ Read before bed
- ⇒ Do not eat or drink a lot right before bed.

1.4. Exercises

NHS (2021) said that everyone can benefit from exercising by lowering their chance of developing major conditions such coronary heart disease, stroke, type 2 diabetes, and cancer as well as their risk of premature mortality by up to 30%.

Regardless of your age, there is scientific evidence that being physically active can help you lead a healthier, happier, and more active life.

1.5. Families

Mayo Clinic Health System (2018) said there are some simple ways that families can help you create healthy habits to keep your body healthy:

- ⇒ Exercise Together
- ⇒ Forgive
- ⇒ Spend times with loved ones
- ⇒ Manage Portions
- ⇒ Be Proactive with health care
- ⇒ Show Gratitude
- ⇒ Explore new things
- ⇒ Find Joyfulness
- ⇒ Build Strength

1.6. Healthy Lifestyles

However, an active lifestyle can help you avoid, your weight, health issues like diabetes, heart disease, asthma, and high blood pressure. That's why it's up to each of us to do what makes us happy, there's nothing better when we have a healthy lifestyle.

In addition, it is important to have a balanced diet to stay healthy. So, it is up to us to drink a lot of water and eat at least five servings of fruits and vegetables every day.

2. Blog

My name is Miller Avelino my blog is based on a healthy body with the aim and goals of supporting families to manage their body. I would like this project to be introduced into the life of every citizen in the UK. So, everyone can have access to a healthy diet and body.

I believe this project will help many families to start eating well and healthy allowing them to have a healthy body.

There is a support group available to provide some ideas and feedback on what types of food and drink you should consume and how to cook a good meal according to your needs.

This support group will also make available various types of physical exercises and recipes in PDF format to help families in the process of achieving a healthy body.

There will also be an online section for people who can follow along on their free day every Saturday from 9 am to 12 pm and from 6 pm to 7 pm.



Fig.2 Health
Accelerate learning services (2021)

Nowadays some young people express a lot of anxiety about their body. Bearing in mind that in the last 20 years young people feel very uncomfortable with the images of their bodies that they have.

However, there have been health problems because of the changes in the body. Men are focused on achieving a toned and strong body, they often require gymnastics, lifting excess weights.

As a result, they feed poorly, and eat fast food then consume a lot of energy drinks. Sometimes they require anabolic steroids. This is not classified as healthy because on the inside they are not in good health, although the outside of the body shows itself in shape.

Note that these foods are quick to eat, they include several substances that can be harmful to health. In recent times, it has been observed that people are dying earlier, which is worrying for our society.

I want to say here that it will be advantageous for families to start cooking at home and making a meal in a way that can control their children what they eat and consume so that everyone at home has a healthy body.

A healthy body is certainly the greatest desire of all of us. In this way, I say that life is meaningless if we do not have a healthy body. The best way to feel happy, healthy in the future is to eat a controlled diet. We are increasingly moving in a direction where people are finally realizing that having a healthy body is much more than not being sick.

It is noticed that a physically healthy body increases the proportion of endorphins in your mind, therefore reducing mental stress induced by the body. So, a healthy body leads to a healthy mind.



Fig.3 Food Guide
unlockfood.ca (2022)

The following link contains details and understanding of the importance of a healthy body as well as the resources available to families:

- ⇒ <https://www.livestrong.com/article/349702-ways-to-keep-your-body-healthy/>
- ⇒ <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Promoting-and-supporting-healthy-eating-FACT-SHEET.pdf>

Conclusion:

Finally, I would like to summarize that, with the rush of our day, workday, schools, and universities, all this causes exhaustion and stress. Sometimes we can't stop the path of life.

However, healthy body is also the result of our attitudes and behaviour. We are, therefore, the result of our experiences, as an example what we eat and drink.

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