

While doing exercise is described as a healthy practice in an individual's life, physical inactivity has been found to be a predisposing factor to many lifestyle diseases witnessed in today's life. Having less activity has impacted my life in a number of ways. First is the gain of weight that is negatively shifting my BMI index towards the upper limit (Owen, 2018). With this, walking small distance or even doing leaves me exhausted, tired and panting which has impacted my performance significantly.

1. Behavior change

My behavior change will be to focus on to do several physical exercises. These would be running for at least 3-kilometer distance in three days in a week, riding bike n the evening and doing press-ups and sit ups before going to bed and after waking up.

2. Long-term goal

The long-term goal for this behavior would be to reduce my weight from the current 87 kgs by a value of 10 kgs. By having the reduced weight, my performance ability such as carrying out manual duties will be improved while my health will be maintained.

3. Importance of changing the behavior

It's very important to change my inactive behavior. First, it increases the personal performance since one will be capable of carrying out duties without feeling tired after insignificant work. Because increased weight causes obesity, doing exercise will be advantageous in that it will reduce the risk of becoming obese and developing diabetes. In addition, one becomes prone to cardiovascular-related disease, doing exercises also improve the activity of the heart muscles and keeps them health improving one's well-being (Kay, 2016).

4. Gains of behavior change

By doing a physical activity I will be able to reduce my weight to gain the normal BMI index. In addition, the activity will enable me to keep the weight within the normal BMI value. Therefore, the overall gain of doing physical activity would be to maintain a healthy body and decrease the risks of developing lifestyle-related diseases.

5. Obstacles to behavior change

Obstacles to the change in behavior include lack of time, having family and friends who don't support my idea either do they share the same interest and lack of motivation or positive energy (Moffat, & Paul, 2018).

6. Overcoming the obstacles

I will be waking up an hour earlier than the normal waking up time so that I will use the extra time in doing the press-ups, sit-ups and running. I also intend to talk to my family members about it to convince them of how important it is to do the exercise while avoiding any negative comments from them. The biggest motivation in doing the exercise is the desire to become healthy and avoid the weight gain that predisposes one to life-threatening conditions; the desire to be healthy is valuable to struggling with lifetime illnesses (Moffat, & Paul, 2018).

References

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