

# MAKE FITNESS REPORT ABOUT LAST MONTH

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# 1) HOW DID YOU TAKE CARE OF YOUR HEALTH DURING SEPTEMBER?

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- I Eat a healthy, balanced diet with lots of vegetables and fruit.
- I do exercise in morning

WHAT PHYSICAL EXERCISES DID YOU DO, HOW OFTEN DID YOU DO THEM IN SEPTEMBER? IF YOU HAVE PHOTOS OF YOU IN THE GYM OR OTHERS - YOU MAY UPLOAD HERE.

- Running , Planks , push-ups pull ups



# DID YOU CHOOSE FOODS FOR GOOD NUTRITION

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- plenty of colourful vegetables, legumes/beans.
- fruit.
- grain (cereal) foods – mostly wholegrain and high fibre varieties.
- lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- milk, yoghurt, cheese or their alternatives, mostly reduced fat. ...
- Drink plenty of water.



# HAVE YOU COMBINED MENTAL, PHYSICAL ACTIVITY RATIONALLY? WHAT WAS YOUR DAILY ROUTINE IN SEPTEMBER?

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- Yes because exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, **boosts physical and mental energy**, and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.



# WHAT WERE THE MISTAKES IN TAKING CARE OF YOUR HEALTH. PERHAPS YOU WANTED TO REALIZE SOMETHING OR SHOULD DO, BUT YOU DIDN'T? YOUR DISADVANTAGES

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- Eating junk food were my mistake. I realize my stomach is bulging because of junk foods.
- My advantage is that it will take time for my stomach bulging to be fit in one or two months