

Living for the Future

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In this day and age, the number of “healthy” people in this nation is decreasing. According to the 2015 Youth Risk Behaviour Surveillance team (YRBSS), the data showed that 13.9 percent of high school students were obese. In addition to that, 16 percent of the students were overweight. This is why it is so hard for people, especially kids my age, to chase after a healthy lifestyle. Now, everyone thinks of the word “healthy” differently. For some it might mean a well-balanced diet, for others it might mean spending time with their families, and for others, still, it might take on the meaning of showing physical, mental, and emotional well-being, as it is defined in Merriam-Webster Dictionary. For me, though, being “healthy for life” means all of these things together. To be “healthy for life” it is imperative to spend time with those that you love for positivity and to constantly be aware of how you treat your body; it is a gift, and it should be treated as such. There are a few things steps that I can take to stay healthy, now and in the future years. The three main things that I can do are stay active, develop strong relationships, and watch what and how much I eat every day.

Staying active is a great way for me to make sure that I stay fit throughout my future years. Since I will be going to college soon, I know it will be difficult to keep up with a daily routine. As of right now, as a freshman in highschool, I do martial arts every day for at least an hour. I consider this a great physical activity and stress reliever at the same time. Nevertheless, I have heard many stories about the dreadful “Freshmen 15.” It is my hope and prayer that I do not gain that many pounds my first year at college. To reach this goal, it is my job to make sure that I continue to make time to exercise every day. Doctors say that to stay healthy, it is important to workout for at least twenty minutes a day. My daily life right now consists of sitting in a car on the way to school, sitting in a seat in my different classes throughout the day, and sitting at home to do my homework. A way for me to stay healthy right now is to seize the opportunity of standing whenever it is available. This may be while eating my lunch, while talking to friends, or even when doing homework at home. In the years to come, as I attend college, I want to be able to continue to participate in martial arts, because I know that if I do this, there is no doubt that I will be on the right step towards living a healthy life.

Another way to maintain my health is to develop strong relationships. Although this may not affect my health physically, I know it will help me mentally. Right now in highschool my friends are the people that I can count on to be there for me in and out of school. I have developed respect, trust, and kindness with my friends. Because of this, it is easy to look on the bright side of things , even when it might not be going my way. Because of the strong relationship I have with family, I know that I will always have people to support me in whatever I do, be it cello or martial arts, or anything else, for that matter. I feel like these relationships that I have with the people in my life has really added to my healthy lifestyle. Without them, who knows what could have happened. I probably would have caved in from all the stress, and I would probably have become overweight from “stress-eating” or I might have gone to even more extremes. According to a study done in a group of young adults, Suicide is the third leading cause of death among adolescents aged 15 to 24 years. This is very saddening, because most of these cases of suicide are caused because strong relationships were not formed. There was no one to support them or be there for them. To keep my healthy lifestyle going, now and in the future, I need to make the effort to retain my relationships with my family and friends. In the future, when I get married and have kids (hopefully), it will be important for me to develop strong bonds with my husband and kids, so I can live a healthy life with them.

Last, but certainly not least, watching what I eat and how much I eat will be the right path for me to take, if I want a healthy life. This means thinking about what is in whatever I am eating and learning to say, “stop” to my brain when I am not hungry anymore. Especially now, in my high school years, I am usually pretty stressed, so when I come home after school I will eat a big snack. Later in the evening I will eat a big dinner, and then a big breakfast in the morning. If I learn what is the right amount to eat and stay within those limits, I know that I will live a healthy lifestyle, and I will probably lose weight.

Altogether, staying in a sport, maintaining and developing strong relationships, and thinking about what I eat and how much I eat are the best ways for me to have a healthy life, physically and mentally, both now and in the future. My ambition is to continue to live by these values, so I can enjoy a long life with the people that I love and advise others to live healthy!