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Gomez Family
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Dear Family,

A discourse community is a group of individuals who share the same goals and purposes and communicate to achieve these goals. My discourse community is you guys, my family. I would like to say I'm in some sort of fraternity, team sport, community, or club but my family is really all I got. We all share a common goal, loving and caring for one another so we can be successful and grow as people. We value each other by showing love and support. We communicate by texts or verbally, and when we talk its very informal Spanglish.

My discourse community consists of mother, sister Sara, and brother Jorge. We live in Queens, New York. Mother is a cleaning associate who leaves at 9:00AM and doesn't get home until 8:00PM. Sara recently graduated college but still works a part time minimum because of the inability to find a better job. Jorge is in high school and loves to play videogames on his free time. I'm in college and work part time with barely enough time for myself. With our differentiating lives it's hard for us to connect as a family. Hence, I'm writing this letter to you guys to change our lifestyles for the better.

I have tried numerous times to try and change my own lifestyle. I have tried to exercise and eat healthier, but I am always tempted by the baked goods Sara brings home or the candy Jorge buys, and the junk food mom keeps around the house. I believe we should all try to

change. I know it won't be overnight, but we must try. Mom, you always complain how Jorge binges on all the snacks at home, we keep yelling at him about it but never really do anything. Sara and Jorge, you guys and I keep complaining about our weight, but we don't put any effort to change out lifestyles. Sara, Jorge, and I were diagnosed with high cholesterol and obesity at one point during our yearly doctor checkups. This diagnosis could end up leaving us with serious health issues for life. I don't wish to die young or any of you guys. I want us all to have kids one day and have mom with us to witness them grow till we're old. I don't want us to ever suffer from a terminal illness and struggle through pain.

We can start off by taking a step to being active. Jorge wakes up at 6:30AM to go to school and comes back at 4:30PM to plop down on a chair and play video games. Sara and I probably go to the gym once a month. My mother doesn't work out because she believes she has no time. According to "Health benefits of physical activity: the evidence" by Darren E.R. Warbuton, "Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression." In other words, lack of exercise can cause various illnesses. My grandparents on both sides have diabetes and uncle has suffered from cancer so it's very important for us to do everything we can to maintain healthy. Mom, Sara, Jorge, and I need to stop procrastinating and at least walk or hit the gym. Jorge is really interested in martial arts so his best option to get movement in is that at least twice a week. Mom, Sara and I have very different schedules so they don't always align but we can try to go to the gym for at least 30min 5 days a week. Mom can wake up earlier then head to work right after. I could go in the afternoons after class or work.

It is also important to keep the inside of our bodies healthy by cooking healthier. Sara and I tend to order food or go outside to eat. My mother cooks instant things for my brother and her. It makes life easier for her to prepare meals in 2 minutes. However, it's not always the healthiest and filled with processed foods. Instead, I propose each of my siblings and I cook. Mom always gets home tired from working and according to "Study suggests Home cooking is a Main Ingredient in Healthier Diet, "People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less, according to new Johns Hopkins Bloomberg School of Public Health research." Meaning, making your own food is often more nutritionally denser than outside food. I agree with this quote, many restaurants have preserved items to make food last longer and quick to make. It's very crucial we read ingredient lists for carcinogens and harmful chemicals. Sara and I can cook at home instead of home which saves us money as well. Our boyfriends can come over and cook with us to make it fun. Mom won't have to cook and take the dog out for exercise or hit the gym. It won't be easy to turn to healthy meals right away and all the time, but we can start by trying to cut down on greasy processed food to once a week. It's not about going on a diet but lifestyle. Our bodies are like a factory we must fuel it properly, so it functions beautifully.

All in all, I hope for all of us to act upon our problems. I wish you guys agree with me and desire to improve ourselves. I know we all have different bodies and choose what to do with them, but we are a family. We care and look out for each other. Let's end our high cholesterol and diabetes together.

Sincerely,

Nayeli

