

Project Report: "Know Your Body"

Class BIO2312 Lecture/Lab Spring 2020

**Name:** Jenifer Benitez

**Sex:** female

**Age:** 19

**Ethnicity:** Dominican

**Height:** 5'6"

**Weight:** 138-128

**BMI:** 20 ( Normal)

**Underlying health conditions:** All labs tests were normal

**Pulse:** 73 BPM The average resting heart rate for a 19 year old is 75 beats per minute. My pulse is normal because females average slightly higher at 79 bpm.

**Blood Pressure:** 120/80 which means that my blood pressure is normal for a woman at around the age 19.

**EKG:** A/N

**Lung Capacity:**

Lung capacity is the maximum amount of air the lungs can contain. Lung capacities included vital, inspiratory, and functional capacities. Vital capacity means the total amount of air that can be inhaled and then exhaled with maximum effort, inspiratory capacity is the maximum amount of air that can be inhaled after a normal tidal expiration, while functional residual capacity means the amount of air remaining in the lungs after a normal tidal expiration.

Smoking, infections, and genes cause most lung diseases. Some diseases are asthma, bronchitis, emphysema pneumonia and lung cancer. As can be shown, my lung capacity is great because I do not suffer from any particular diseases.

**Food Diary:**

Over the past seven days, I've been documenting all the food I've eaten. I would say that my diet is not really that healthy for me at all. From the data that I concluded I would say that most of the food and drink I have been eating and drinking have a lot of calories. For example, during that week I ate: Lot of candy, rice, beans, meat, fish and tacos. I usually drink water, juice, milk, coffee and ensure plus.

McDonald:

McChicken; 357 calories, sodium 817mg, Cholesterol 35mg, and protein 14g.

Caramel Frappe: 510 calories, Cholesterol 75mg , No vitamin, 72g Carbohydrates.

Burger kings:

Spicy Crispy Chicken Sandwich: 700 calories, Carbohydrates 57g, and Cholesterol 65mg

Ice cream: Sugars 14g, Cholesterol 20mg and 140 of calories.

Dairy	Vegetables	Fruits	Grains	Proteins
Milk	Corn	Grapes	Cracknet	Salmon
Chocolate milk	Avocado	Banana	Cereal, Rice	Chicken
Cheese	Tomatoes	Apples	Pasta	Bean
Banana smoothie, Ensure plus	Lettuce	Orange juice	Bread	Tuna, Egg

**Sleep Record:**

Taking enough sleep has an impact on our body. So I carefully recorded my sleep using the Bedtime option app from my smartphone, and during this week I also exercised. I was able to successfully complete a week of sleep, however, after comparing my sleep logs to each other I believe that I didn't have an adequate amount of sleep each day. Getting adequate sleep has great effects on our bodies. During this week I fell asleep at midnight, studying, texting my friends or watching movies. The first day, I only slept 4 hours and during that day felt sick, sleepy and lack of appetite and the rest of the week I slept 6-7 hours.

**Family History:**

- My father has suffered from acute sinusitis since he was a kid.
- My grandfather from my mother's side died from diabete
- My grandmother from my mother's side suffers from high blood pressure
- Great grandmother suffered from strokes and died from a stroke.
- I have suffered from sinusitis and migraine since I was little, but it always got worse when I went on vacation to the Dominican Republic to visit my mother.

**Conclusion/Take home message:**

Where do I see myself in 10 to 20 years? This question I always struggle with, thinking of the future and where I see myself is hard. But as usual I see myself independent, working on my career, having a good family and other goals I want to archive. However, health plays an important role when it comes to thinking about the future. According to all the information stated through this project, I believe my health life would be normal. I must say that I won't suffer from any serious disease because my family history is not seen seriously and I always do my checkup.

Eating healthy food has always been important because it helps you feel energetic and prevent many diseases. Also, maintaining a normal blood pressure is important because the higher our blood pressure is, the higher are the risks of health problems. Along with, a normal pulse prevents heart problems such as tachycardia.