

Rachel Yusuf

BIO 2312-D057

Wednesdays 2:30 PM - 5:00 PM

Know Your Body Report

Knowing your body is a necessity to living a healthier and happier lifestyle. The body works twenty-four hours a day, seven days a week so that means that as humans, we have to feed and take care of our bodies well. In order to understand the body, one needs to understand that there are different kinds of health inside of us. Health doesn't only have to involve physical health, but also, mental and emotional health as well. An important factor of knowing your body is to understand that everyone is different. Everyone has different body types, genetics, metabolism, weight, etc. One's version of treating their body right can be different from others therefore you cannot base or expect your information on other people.

My name is Rachel Yusuf and I am currently twenty years old. I am a female and I come from an Indonesian background. Both of my parents were born in Indonesia however, I was born in New York City. My height is somewhat short averaging at five feet and three inches. My weight is one hundred and seventy pounds and my BMI is 30 which is at the border of the "Overweight" and "Obese" mark. I wanted to share a part of my story as to why I am the BMI that I am today. I have always been a "big boned" child and was somewhat bigger than other kids in school. However instead of using that as a disadvantage, I used my body for athletics. I grew up playing basketball and then I started getting into swimming which really got my body toned while I was growing up. After swimming for about 6 years on the swim team, I finally graduated before entering high school which really started my weight gain. While I was in high school, I no longer was a part of any sports team because I focused on my academics and more of my music which made me less active. I feel as if this was a dramatic shock to my body because it was so accustomed to an active lifestyle and healthy eating that once I stopped doing all of that at the

same time, my weight increased by an excess amount. Through the years, I have gained weight but it wasn't until recently, I have finally decided to change my lifestyle around and go on weight loss journey.

Getting more in depth with the material in our class and watching weight loss transformation videos really motivated me to make a change in my life. I think the "knowing your body" really means to listen to what it *needs* more over than what it *wants*. I have noticed through the years that there would be little signs that showed me I was getting heavier. For example, walking up the stairs seemed to be harder, my endurance while running decreased, my face started getting chubbier, etc. I didn't realize that eating such unhealthy foods could even affect my skin. I grew up with having eczema however, the heavier I got, the worse my skin conditions became. My eczema usually affects me the most in the winter but all of a sudden I started seeing it in the summer as well. I would have red spots and patches on my arms, fingers and neck. I started getting nervous about my health so I would see doctors and began to make small adjustments in my diet.

A lot of people think losing weight is the biggest problem, but I believe it is what goes on in your mind and your habits that are your biggest enemies. I had to learn that my *mental* health was just as important as my physical health. I had to get my mindset right and really believe in myself that I could do it. I knew that once my mindset was at the right place, my body will follow and that is what I had to. In the past, I would eat sugary cereals or bagels with cream cheese which is rich in carbs and fats. Coming from an Asian background, rice is included in every meal, no matter the hour. I would usually eat two big plates a day filled with rice and some

large portion of protein and spices. Therefore being a part of this journey has been a big change in my routine.

Food Diary for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM	Breakfast: Intermittent Fast until 11 AM
Lunch: Rice with salmon and broccoli - 540 Calories	Lunch: Chipotle bowl - 600	Lunch: Chicken Noodle Soup - 150	Lunch: Chalupa - 370 calories	Lunch: Chicken and Broccoli - 280 calories	Lunch: Cup Noodles - 300	Lunch: Caesar Salad - 230 cals
Dinner: Chicken and Broccoli - 280 calories	Dinner: Chicken Noodle Soup - 150	Dinner: Rice with fish - 600 cals	Dinner: Bonchon - 600 cals	Dinner: Chicken and Broccoli - 500 calories	Dinner: 3 pizza slices -720	Dinner: Beef and rice - 600 cals
Snack: Apple - 95 calories Grapes - 104 calories	Snack: 2 Fiber One Bars - 180 Calories	Snack: Skinny Cow 150 calories	Snack: 2 Apples - 200 calories	Snack: Fiber One - 90 Calories	Snack: 2 Fruit Roll Ups - 100 Apple - 95	Snack: 4 Tangerines - 120 Cals
Water 2 L	Water 2 L	Water 2.5 L	Water 2 L	Water 3 L	Water 2.5 L	Water 2 L

The table above shows what exactly what I ate for seven days straight. Since I am currently on my weight loss journey, I started researching about different kinds of diets and fasts, and intermittent fasting was seen as one of the most common. Intermittent fasting is a window of eating for eight hours and sixteen hours of not. Throughout the day I drink two liters of water but

try to drink more if possible. I have ultimately cut out soda because I would drink way too much and drinking my calories really caused me to become overweight. I still enjoy the foods I normally eat but I watch my portions and only eat within the eating time period. I try to stick to my diet as best as possible, but I still have days where I can have a little cheat meal or cheat day when I know I deserve it. I try to keep less healthier snacks to a minimum because I know that they will just make me hungry, so I try to eat richer and fuller food from different food groups. According to the CDC, healthy eating is all about balance which means you don't have to cut off everything that used to be your favorite. Since I stay within my caloric deficit, I do not eat more than 1200 calories in a day unless it is my cheat day or when I have remaining calories during the day. Overall, I feel as if I healthy balance of foods and I know it is okay to enjoy sweets and sugar not in abundance but in moderation.

Sleep Record

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 hours	10 hours	7 hours	8 hours	8 hours	10 hours	8 hours

As you can see from the table above, my sleeping schedule has been much better because of this quarantine. I used to sleep for four to six hours because I would work early in the morning and sleep late to do homework, however now I am able to just relax more and sleep at a reasonable time. I have noticed that with the change of my sleeping schedule, I feel more energized in the mornings and I feel brighter throughout the day. I feel like my body needed this time to catch up on missing hours of sleep. With the increase amount of sleep I have been getting, I also feel that my mind thinks clearer while I do school work and I can focus much easier. According to www.sleepfoundation.org, a young adult should be sleeping within a range

of seven to nine hours a day. Chronic sleep deprivation can even cause weight gain since it will affect how our bodies process and stores our carbs. Sleep deprivation can also cause a tiredness during the day or some sort of impatience/intolerance so I have been feeling more at peace as well. Sleep can even have an effect on your immune system or how your body fights infections.

There were many interesting things that I found while looking into my family history. When I was eleven, my mom started feeling sick more often but my family and I just thought she had the flu or the common cold. However, one day when my mom was at work, she went to the bathroom and people never saw her come out. People were wondering where she was and people banged open the bathroom and saw that she had fainted on the floor. That night, my mom went to a local OBGYN and they said that she should go to the hospital right away. After being admitted to the hospital and waiting for hours, we were given with the news that she has cancer, lymphoma. Lymphoma is the name for a group of blood cancers that take place in the lymphatic system which is part of the body's immune system. The lymphatic system includes the lymph nodes, spleen, thymus gland and bone marrow. After a few months of chemotherapy, my mom beat cancer and she is healthy. The doctors informed me and my brother to be careful because we can be able to get cancer in the future. I also learned that my grandpa had Type 2 Diabetes as he was getting into his mid 50s. This is when cells can't normally respond to insulin so the pancreas makes more insulin in order for the cells to respond. Since the pancreas can't complete the job after trying, blood sugar can rise which causes this type of diabetes and can even cause heart disease. Unfortunately, my grandpa passed away during his early 70s because he was very sick and couldn't want. Lastly, I found that relatives on both sides of the family have high blood pressure. Coming from an Asian background, my family loves eating seafood which is rich in

salt and cholesterol. My grandma and dad have gone to the doctors, where they have told them to be mindful of what they ate and watch their stress because that can also play a factor in high blood pressure. Learning more about my family history really taught me to be mindful of the foods I eat and have a proper balance with the different food groups.

Pulse or heart rate is the number of times one's heart beats per minute. Normal pulse values can range depending on the person. My pulse in class was seventy-two beats per minute at exactly 3:00 PM. We recorded our pulse by putting our index and middle finger over our wrist or side of our necks. Then we counted the amount of times we felt it beat over sixty-seconds. Seventy-two beats per minute is about average. Normal heart rates can range from sixty beats per minute. If someone's pulse is lower than sixty, that indicates bradycardia and faster than one hundred, indicates tachycardia. A lower heart rate is also common for those who normally exercise or more active because their heart doesn't need to pump as much because their heart is in better condition. Some people can also have a lower heart rate because they are taking beta blockers such as metoprolol or propranolol. In some cases, people can experience arrhythmia which is an abnormal beating of the heart. Knowing your pulse is important so you can see how well the heart is working. The heart transports oxygen and gives blood and nutrients throughout the entire body.

Blood is a fluid connective tissue which consists of formed elements and plasma. The formed elements are red blood cells, white blood cells and platelets which sums up to 45%. Plasma which is the matrix of blood sums up to 55%. Blood is bright to dark red based on the O₂ and the pH of blood is 7.35-7.45 which is slightly basic. The average volumes of blood in males and females differ. Men average to 5-6 L of blood while women average to 4-5 L of blood. The

function of blood is to transport O₂, CO₂ and nutrients. Blood defends the body against any pathogens using Leukocytes (White Blood Cells) and antibodies. According to the www.heart.org, blood pressure is also very important to one's body because when the heart beats, blood is being pumped throughout the body in order to give oxygen and nutrients. Since the blood is moving, it pushes against blood vessels and the strength of the push is blood pressure. If blood pressure is too high, it can put extra strain and work on the arteries and the heart which can lead to heart attacks and even strokes. This is also called hypertension. There is also such thing as low blood pressure which is known as hypotension. This can be from diabetes or neurological conditions such as Parkinson's disease. While reading blood pressure, the top number is your systolic blood pressure which is the highest level the blood pressure reaches when your heart is beating. The bottom number is your diastolic blood pressure which is the lowest level your blood pressure reaches as your heart relaxes. Normal ranges of blood pressure are within the 120/80 mmHg range. During class we were to take each other's blood pressure and while I was relaxed, my blood pressure was 120/80 for all three tries. However, when we were supposed to run up and down the stairs and then sit down in order to take our new blood pressure, my readings came out to be 130/80 every time. My blood pressure increased as my rate of activity increased because my heart and blood are pumping harder and faster.

EKGs are also very important to one's health because it represents the electrical activity of the heart muscle as it changes with time. EKGs are used to diagnose heart complications or to diagnose heart attacks as well. Normal heart rhythms include a P wave, QRS and a T wave. Within each beat, there is an electrical impulse that travels through the heart. This wave causes the blood to pump from the heart and causes the muscles to squeeze. In the P wave, that involves

the upper chambers. The QRS wave consists of the bottom chambers and the T wave displays the electrical return when the ventricles go back to its resting state. EKGs allow professionals to see how long the electrical wave takes to travel and determines the speed of electrical activity is fast or slow. Lastly, EKGs can show whether certain parts of the heart are overworked.

Lungs are part of the respiratory system, which is a group of organs that help you breathe. Lungs are located below the rib cage and above the diaphragm. The right lung is wider but shorter than the left lung. The right lung has to make room for the liver and the left lung needs to make room for the heart. Oxygen keeps us alive and that is what enters our lungs in order for us to breathe. The respiratory system moves air into your body while releasing waste gases. The cells in our bodies need oxygen to live which is from the air that we breathe everyday. Once oxygen is in our lungs, it is moved to the blood stream and carried throughout the entire body. For every cell, oxygen is exchanged for carbon dioxide. The bloodstream carries CO₂ back to the lungs so it can be released. The lungs can also help protect your body from anything that is unwanted which is what we do on a daily basis like sneezing or coughing. If there is a lack of oxygen, cellular function can be damaged. Inhalation requires muscle contraction while exhalation doesn't require muscle contraction. The lungs are important because without it, we wouldn't be able to breathe.

In conclusion, I see myself living a healthy life ranging from healthy foods to exercising daily. I realized that our health can really be in our own hands and if we do not take care of ourselves properly, our body will begin to fail. Since I am making the change now, I will start having a proper balance of nutrition while trying my best to stay away from unhealthy foods. I have to make sure that I really listen to what my body needs rather than the wants because my

health can really be jeopardized if I don't do the little things like moving around or eating better. It is okay to eat in moderation but not in abundance since too much of everything is bad for you. It is also important to get a check up from the doctors every once in a while, because there can be cases where we will think that everything is normal when in reality our bodies are failing. It is time to take care of myself and my health because this will be the key to living a longer and happier life.

Works Cited

How Much Sleep Do We Really Need? *National Sleep Foundation*, www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need.

Healthy Eating for a Healthy Weight. *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 2 Mar. 2020, www.cdc.gov/healthyweight/healthy_eating/index.html.

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