

Project Report: “Know Your Body”

Class BIO 2312

Lecture/Lab Spring 2020

Name: Edelys Tiana Guerrero

Sex: Female

Age: 19

Ethnicity: Colombian and Dominican

Height: 5’1

Weight: 120

BMI: 22.7

Underlying Health Conditions: Asthma and Anxiety

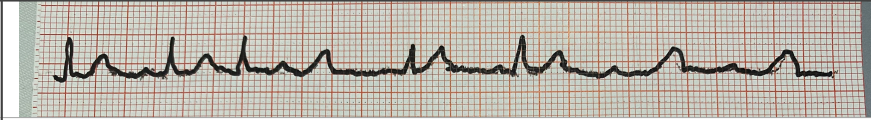
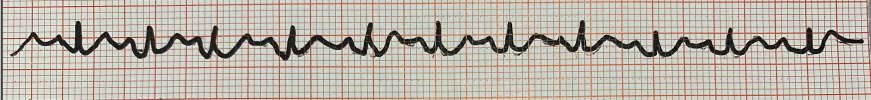
Pulse Reading

BPM	Monday (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)	Saturday (4/18)	Sunday (4/19)
Resting	70	67	73	66	71	65	68
Peak	104	139	104	144	131	124	128
Explanation	My resting BPM of 70 is normal considering my age because a normal resting heart rate is between 60 to 100 beats per minute.	My resting BPM is normal considering my age. However if my heart rate was to increase every minute that it was tested, I could be at risk of a heart-related death.	A normal resting heart rate for an adult is between 60 and 100 per minute which my reading was in between.	Due to the fact that we are stuck at home my pulse has been very consistent.	Both tachycardia and bradycardia can be indicators of other health conditions. If it is left untreated, it could lead to potentially serious health complications.	For most healthy women, resting heart rates range from 60 to 100 beats per minute.	A everyday resting heart rate for a person is among 60 and 100 consistent with minute which my analyzing became in between.

Blood Pressure

	Monday (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)	Saturday (4/18)	Sunday (4/19)
Blood Pressure	113 over 81	113 over 83	128 over 84	116 over 61	125 over 61	114 over 80	105 over 77
Explanati on							

EKG

	Lab
Sitting	
After Running for 5 minutes	

Explanation: While sitting my electrical signal is a steady pace and are very spaced out while my running electrical signal is very close together because my heart is beating a-lot faster due to me running and my heart having to supply more blood that contains oxygen throughout my body.

Lung Capacity: Lung capability or overall lung ability (TLC) is the quantity of air in the lungs upon the most attempt of inspiration. There are numerous herbal body adjustments that appear as you get older that may cause a decline in lung potential. Muscles just like the diaphragm can get weaker. Lung tissue that helps maintain your airways open can lose elasticity, which means that your airways can get a touch smaller. Also your rib cage bones can trade and get smaller which leaves less room to your lungs to expand. A lower in lung feature is a normal part of the aging process but there are steps you can take to stay as healthful as possible. Staying active, avoiding

tobacco smoke and stay updated on vaccinations are only a few ways you could defend and even support your lungs.

Food Diary (MyNetDiary)

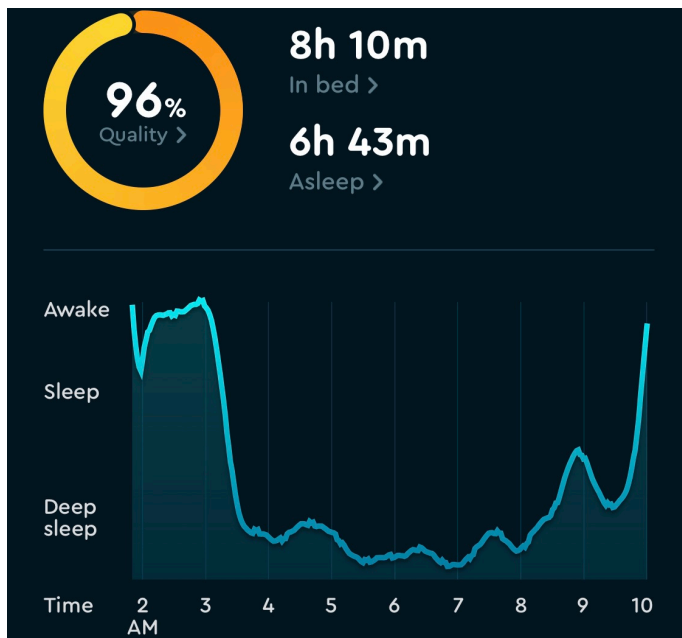
	Monday (4/13)	Tuesday (4/14)	Wednesday (4/15)	Thursday (4/16)	Friday (4/17)	Saturday (4/18)	Sunday (4/19)
Calorie Budget	1,852	1,852	1,852	1,852	1,852	1,852	1,852
Calories Consumed	2,784	2,318	2,546	1,729	2,087	2,268	2,612
Calories Over	932	466	694	123 (calories left)	235	416	760
Water Intake	48 fl oz	32 fl oz	16 fl oz	24 fl oz	16 fl oz	24 fl oz	16 fl oz

Sleep Record



Monday (4/13)

Sleep quality is defined as one's satisfaction of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity, and refreshment upon awakening.



Tuesday (4/14)

Unlike sleep quantity, sleep quality refers to how well you sleep. For adults, good quality sleep means that you typically fall asleep in 30 minutes or less, sleep soundly through the night with no more than one awakening, and drift back to sleep within 20 minutes if you do wake up.



Wednesday (4/15)

Sleep quality is defined as one's satisfaction of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity, and refreshment upon awakening.



Thursday (4/16)

While sleep requirements vary slightly from character to character, maximum healthy adults want between 7 to 9 hours of sleep in step with night to feature at their best. And in spite of the belief that our sleep needs decrease with age, maximum older human beings still need as a minimum 7 hours of sleep.



Friday (4/17)

Sleep quality is described as one's pleasure of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity, and refreshment upon awakening.



Saturday (4/18)

Unlike sleep quantity, sleep exceptional refers to how properly you sleep. For adults, good great sleep way that you normally go to sleep in 30 minutes or less, sleep soundly through the night time with no multiple awakening, and go with the flow back to sleep within 20 minutes in case you do wake up.



Sunday (4/19)

Sleep best is defined as one's satisfaction of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity, and refreshment upon awakening.

Family History: My dad had unrhythmic heart rates for about a year and a half but the cardiologist have it under control. My great grandmother from my mother's father had colon cancer. My grandmother has high blood pressure and she used to be anemic. The oldest person that live in my family was my dad's mother, she died when she was 94 years of age.

Conclusion/Take home message: (based on all data collected how do you see yourself 10/20 years from now and what you should do to ensure you have a healthy life when you get older)

Note: Your conclusion will reflect your understanding of anatomy and physiology you have studied and will show your understanding of the concepts. You can add any other additional information which can make your report more interesting and unique.

I've never self analyzed I guess you can say my health and my future self. I kinda always eat for the moment. I am a very huge lover of eating out and eating junk food. I also live in a home where we cook with grease a-lot and its never often that we try to eat healthy so I've never had the thought of eating healthy. I did about a year ago was thinking of getting into shape, like I would go to the gym and I would try to eat healthy but I did not keep up with it. I understand now that I should worry more about my health and what I eat. I have a bigger picture that from all the data that everything is good or average for my age but one think I know I need to cut down is drinking soda and junk food and cut down on the salt because just like my grandmother I love to add extra salt on everything. This project also helped my boyfriend because since we do everything together we kinda have the same diet so since I slowly cut down on drinking soda and eating out and eating so much junk food he has too and from what he is telling me his body is taking it well. I do want to start working out and taking care more for my body because if I don't

I could develop so many illnesses that doesn't even run through my family and could possibly pass it on to my children.