

## Project Summary Pages

**Purpose:** The purpose of the project is to inform teens of the importance of living a healthy lifestyle, which includes making wise food choices. Without knowledge, commitment, resources, and time, the familiarity of a healthy lifestyle, including eating habits, continues to decrease all over the world. Living a healthy life is a daily commitment that you make for yourself to grow and discover. It's a journey that uncovers your character, which is how you live healthily despite your circumstances, redefines "impossible", and develops your purpose.

**Relationship to Family and Consumer Sciences:** The umbrella term of Family and Consumer Sciences is helping people meet their needs to live their best life. To lead others, you become an example working on yourself before fixing people, especially when it concerns health and wellness.

1. Nutrition – Provide adequate, nourishing protein, vegetables, fruits, dairy, to be incorporated daily into one's life
2. Wellness/Health - The home environment allows for good health conditions
3. Human development - People grow skills in socializing, building positive relationships, interacting with the world, problem-solving, hobbies, and more.
4. Family relations - Relationships between members of the family are healthy and dependance on family is encouraged

### Careers:

- Nutritionist
- Clinical social worker
- Fitness trainer
- Yoga instructor

**Relevant Research:** The rates of obesity, unstable mental health, lack of sleep, and deficient nourishment have increased in ways that will continue to rise if not enough is done. Today, more than [2 in 3 adults in the United States](#)  
[Trusted Source](#) are considered overweight or obese. More than one-third of children ages 6 to 19 are also considered overweight or obese. "Our data reveals that 95 percent of people believe they are self-aware, but the real number is 12 to 15 percent," she

says. “That means, on a good day, about 80 percent of people are lying about themselves—to themselves. About 80 percent of U.S. adults and children aren’t getting enough exercise for best health. Almost 20% of all car crash accidents and injuries are associated with sleepiness. Empty calories from added sugars and solid fats contribute to 40% of total daily calories and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.

**Background Information:** Personally, seeing this topic, I knew it was my chance to create and share a story designed by someone who struggles with everything in the story. My brother asked me, “How will you make this video if you’re not living a healthy lifestyle yourself?” Well, the creation of this production helped my journey from living my life, to living for others in being healthy. As a teen, I find it harder to change my ways because I feel that I can do things on my own without help from family and friends. Yet, I’ve come to understand that positive influences in my life (my parents) really encourage me to exercise and limit my snacking habits. More than ever, my mom wants me to rely on her more and engage us all in family activities such as cooking, exercise, and prayer.

**Change or Awareness Goal:** The goal of this project is to encourage teens to be involved within the community to help others and to change habits within themselves. For most, growing up, everything needed for a healthy lifestyle was supplied and implemented. Today’s world has changed with positive and negative attributes, especially in the self-need/care aspect. Our health will decline, and life's changes are unknown to the human eye. No matter how many times you’ve failed, I want to implore teens to at least change one aspect from the video to see how it positively affects them.