
Clark discusses the pros and cons of alcohol in relation to sports, athletes, and the human body. She breaks the article into three sections, the good, the bad, and the ugly, based on the affect alcohol has on the body. Clark points out alcohol, in moderation, has some health benefits. Benefits including reduce risk of heart disease and important vitamins. She continues on with the bad affects of alcohol; affects ranging from depression to dehydration. Finally, Clark wraps up the article with the ugly side of alcohol: family affects and abuse. Dr. Clark is a doctor specializing in sports and nutrition, thus, making her a credible source. This is an excellent resource for those researching the basic affects alcohol has on the body. The article is pertinent to my research due to the fact many college age students consume mass amounts of alcohol.


The objective of the article is to educate the public on the harsh realities of obesity in America as well as preventions society can take to prevent obesity from worsening. Jacobson offers brief insight into the American epidemic of obesity. The article, although short, is filled with great statistics pertaining to obesity in America. He gives good examples of alternate lifestyles to lead
if one chooses to lose weight, including exercise and avoidance of calories. Jacobson discusses the health risks and underlying psychological problems being overweight can cause. The topic of obesity will support my argument to construct a new co-recreation center by proving Americans are unhealthy and overweight. This is a notable resource addressing the growing crisis of obesity in America.


The International Health, Racquet & Sportsclub Association (IHRSA) studied the effects of physical activity has on the American population, including effects on an individual’s overall lifestyle. IHRSA reported many positive benefits exercise has on Americans, including healthier mental and emotional state, more free time, and more involvement in the community. This article has a large amount of information supporting my research subject, and is therefore, extremely useful as a resource. This article has provided the most useful information, in comparison to other articles, needed to support my proposal.


One in five American adults is now considered obese, according to the Centers for Disease Control and Prevention. Being overweight is the result of taking in more calories each day than one burns off through activity and exercise. Treatment methods for obesity can include a combination of diet, exercise, behavioral modifications, and some medications. Surgery may be recommended in some extreme cases. Other factors that contribute to obesity are genetics. This only accounts for no more than 30% of the problem in any individual.

Obesity is a serious medical problem. Nearly 1.1 billion people worldwide are overweight. In a 10 year span, the ratio of American adults more than 100 pounds overweight has increased from one in every 200 adults to one in every 50. The obesity crisis is emotionally and financially expensive. Food has become an addictive drug to the American population. Until Americans learn to treat food as a drug, they will make little impact on obesity. It is impossible to have a healthy weight without a physical activity plan. Telling patients to eat healthier and exercise is easier said than done. Providing a responsible workout plan is what they need to do. The average child sees 30,000 television commercials a year, mostly about food. Unless Americans change these habits, it is unlikely physicians will affect patients’ weight. Physicians must encourage patients to avoid liquid calories and eat in a way that burns calories rather than stores calories. Doctors must teach patients that weight loss has to be realistic in order for it to work.


The Dietary Guidelines for Americans 2005 outlines the need for Americans to limit calorie consumption and get more physical activity. Controlling calorie consumption and increasing one’s level of physical activity produces lasting positive results including weight loss, improved fitness, and a reduced risk of heart disease, certain types of cancer and a number of other chronic ailments. Doing moderate to vigorous exercise an hour each day will help manage body weight and prevent unnecessary weight gain. The article suggests that Americans eat the recommended amount of food from the Food Guide Pyramid each day and keep their total fat intake between 20-35% of calories. To ensure that the new guidelines result in Americans leading healthier
lifestyles is for health and fitness professionals to help consumers translate the guidelines into practical action steps they can incorporate into their daily lives.