The first paragraph is an overview of the paper to include details about: nutrition, exercise/ activity, and hereditary factors. The second paragraph should describe your nutritional choices AND ANALYSIS from the Cronometer homework assignment: Please use course resources as references for your writing: Chapter 8: Nutrition Chapter 9: Weight Management. What Cronometer determined and you evaluated: · BMR 60-75% metabolism and caloric intake related to BMR (basal metabolic rate) carbohydrate intake protein intake fat intake saturated versus unsaturated fat intake vitamins A, B-complex, C, D, E, K intake calcium, potassium, and sodium intake [minerals] How does this compare to what you've learned about nutrition? How might you improve your diet? The third paragraph should describe your exercise/activities concepts: Fitness testing results- what is the area that your highest rating (1) and the area of fitness which needs the most improvement rating What is your expected lifetime activity/ exercise What exercise in the weight training activity in class have you experienced the most increase= opinion How has your movement changed since the start of class- better/ worse, movement 'language' What can you do to increase the number of steps you take every day- how can you move MORE? Please use course resources as references: Module 2- includes cardiovascular, muscular strength & endurance, flexibility, body composition, and developing a fitness program. The fourth paragraph should describe your HEREDITARY predispositions for genetic diseases: Note: for this part you can just make it up using Vietnamese as the ethnicity and male. Interview your parents and grandparents if you can, gathering family history. What are ANY hereditary diseases your parents [maternal-1/ paternal-2] What are ANY hereditary diseases your grandparents [maternal-1/ paternal-2] or other 'blood' relatives have/had? What is your family's HypoKinetic profile? Did you grow up in a family that valued exercise? What was your family diet like? Wellness Practices? Does your CURRENT diet [1] and exercise/ activity [2] habits increase or decrease your risks. Please focus on CHRONIC DISEASES and USE course resources for citation references: Module 4 Chapter 11: Cardiovascular Health & Diabetes Chapter 12: Cancer Chapter 13: Substance Use & Misuse You should have a composed paper, with 5 paragraphs, an introduction, 3 supporting paragraphs with specific topic information, and a conclusion! RUBRIC: Introductory paragraph A thorough initial overview of the THREE [3] wellness areas: (1) nutrition, (2) activity/ exercise and (3) heredity. Correct grammar, punctuation, and spelling. CONCLUSION A thorough and effective closure of the THREE [3] wellness areas: (1) nutrition, (2) physical activity/ exercise, and (3) heredity. Correct grammar, punctuation, and spelling. Body Paragraphs: Topic 1: Nutrition Thorough and descriptive details related to SEVEN nutritional concepts. Supporting details for each of the 7 nutritional concepts. Topic 2: Exercise/Activity Thorough and descriptive details related to SIX exercise/ activity concepts. Supporting details for each of the 6 exercise/ activity concepts. Topic 3: Heredity Thorough and descriptive details related to SIX hereditary factors. Supporting details for each of the 6 hereditary factors.