

This is a graded discussion: 20 points possible due May 17

WEEK 2: NUTRITION AND PHYSICAL ACTIVITY 36 132

For discussions, create a 1- to 2-minute multimedia piece (for example, a video, poster, narrated PowerPoint, etc.) of your choosing and post it to the discussion to respond to the below questions. Besides posting your individual multimedia piece, you must comment on two other students' multimedia pieces. (You are not required to record your comments, but can choose to use the text comment feature.)

Check out this TedEd Animation lesson: **"Why sitting is bad for you."** (<https://ed.ted.com/lessons/why-sitting-is-bad-for-you-murat-dalkilinc>) Choose two reasons why sitting is bad for us from the video to discuss. How does this video apply to your own life? What can you do to add more physical activity to your days?
This topic was locked May 18 at 11:59pm.

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[https://](https://devryu.instructure.com/courses/56427/users/131970) **ROWINA SCHNEIDER**
[HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/131970](https://devryu.instructure.com/courses/56427/users/131970)

May 11, 2020

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Hello Professor and Class,

Attached is my narrated PowerPoint presentation for this week's initial post. If you have any question, please feel free to add comments below.

[Initial Post Presentation.pptx](https://devryu.instructure.com/files/8656043/download?download_frd=1&verifier=nEm_m_gWUfb4FO3y6t4h4XqApM_6opvZDq4tq1DoTp1) (https://devryu.instructure.com/files/8656043/download?download_frd=1&verifier=nEm_m_gWUfb4FO3y6t4h4XqApM_6opvZDq4tq1DoTp1)

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[http](http://devryu.instructure.com/courses/56427/users/132611) **DORIAN JOHNSON**
[HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611](https://devryu.instructure.com/courses/56427/users/132611)

May 11, 2020

李

Rowina,

Great start on your post. I was still contemplating on the assignment. I would have never guessed that sitting for long periods of time could be linked to heart disease. You taught me something new! You did great research and cited your references well. I think you did a good job.

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[http](http://devryu.instructure.com/courses/56427/users/121717) **LEOPOLDO MEDINA**
[HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/121717](https://devryu.instructure.com/courses/56427/users/121717)

May 12, 2020

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Good Evening Rowina,

Awesome job on this weeks discussion very interesting thing to learn that I didn't know about why sitting down is bad for us. I kinda knew that sitting for a long period of time can inflict your your back with aching. I sometimes wonder the people that sit in an office all day feel at the end of the day. But what I found interesting was that it can lead to heart disease when I read about that I was shocked. Thanking you for sharing your post it was great to read what you had to say.

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[http](http://devryu.instructure.com/courses/56427/users/137603) **LUCHRISTY CHESTNUT**
[HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/137603](https://devryu.instructure.com/courses/56427/users/137603)

May 13, 2020

李

Your presentation help me to understand what this discussion was about or how to start. You gave great points and facts. One thing i do notice is that i will have hip or back pain if i sit long. I never knew sitting was the cause. I just thought i was overweight and getting old. After reading your presentation i will move more and not sit around as much as i do. I figure in order to stay healthy you have to move around. I'm always moving at work so i never thought sitting was bad for me. Now that i'm educated on it i will do more to prevent illness and pain.

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○  [BARRY SANDERS](https://devryu.instructure.com/courses/56427/users/13819) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/13819](https://devryu.instructure.com/courses/56427/users/13819))
May 13, 2020

Rowina,
Good Stuff! Your layout looks fantastic! Keep up the good work!

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○  [CAROLYN MOORE](https://devryu.instructure.com/courses/56427/users/139054) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/139054](https://devryu.instructure.com/courses/56427/users/139054))
May 14, 2020


Excellent presentation and research Rowina!

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○  [NAFISSA MAHAMANE](https://devryu.instructure.com/courses/56427/users/139054) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/139054](https://devryu.instructure.com/courses/56427/users/139054))
May 14, 2020

Great presentation Rowina, it's funny that until now I didn't know that sitting has so much impact on our health. This helped me understand a lot of things, thanks for sharing

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○  [ZACHERY REYNOLDS](https://devryu.instructure.com/courses/56427/users/124793) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/124793](https://devryu.instructure.com/courses/56427/users/124793))
May 11, 2020

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○  [REBECCA SEPULVEDA](https://devryu.instructure.com/courses/56427/users/105823) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/105823](https://devryu.instructure.com/courses/56427/users/105823))
May 13, 2020

Hello Zachary,
Thank you for sharing. Who would have thought that sitting for so long could be doing more harm than good. I did not know that sitting for long periods of time did that to your lungs. In my current job I am sitting down most of the day at my desk. Knowing this I might have to start getting up more often.

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○  [JORDON WILSON](https://devryu.instructure.com/courses/56427/users/137097) 奎
([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/137097](https://devryu.instructure.com/courses/56427/users/137097))
May 14, 2020

Rebecca,
I felt the same way. A lot of it makes sense when you think about how crunched everything gets when you are sitting down. I've been making changes with my activities to include more standing since going over this lesson plan.

Thank you,

Jordon Wilson