This is a graded discussion: 20 points possible

due May 17

WEEK 2: NUTRITION AND PHYSICAL ACTIVITY

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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ROWINA SCHNEIDER

(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/131970)

Unread

May 11, 2020

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/dow.nload?dow.nload_frd=1&verifier=nEm.m.gWUfb4FO3y6t4h4XqApM_6opvZDq4tq1DoTp1)

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DORIAN JOHNSON

(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611)

May 11, 2020

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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LEOPOLDO MEDINA

(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/121717)

May 12, 2020

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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LUCHRISTY CHESTNUT

(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/137603)

May 13, 2020

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 to 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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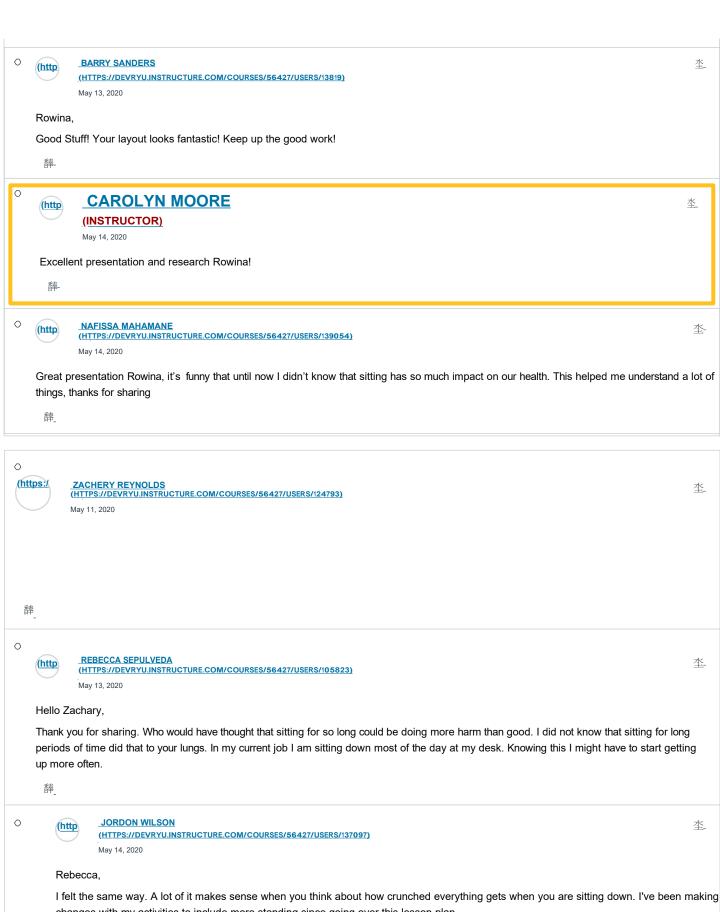
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changes with my activities to include more standing since going over this lesson plan.

Thank you,

Jordon Wilson