



VCU

Virginia Commonwealth University
VCU Scholars Compass

Great VCU Bike Race Book Student Blog Posts

Great VCU Bike Race Book

2015

Racing to Health, Blog 2

Courtney Bailey

Virginia Commonwealth University



Follow this and additional works at: https://scholarscompass.vcu.edu/bike_student

 Part of the [Higher Education Commons](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-SA 4.0) License.

Downloaded from

https://scholarscompass.vcu.edu/bike_student/90

This Blog Post is brought to you for free and open access by the Great VCU Bike Race Book at VCU Scholars Compass. It has been accepted for inclusion in Great VCU Bike Race Book Student Blog Posts by an authorized administrator of VCU Scholars Compass. For more information, please contact libcompass@vcu.edu.

Racing to Health

<https://rampages.us/racingtohealth/assignments/>

Courtney Bailey

Exercise #1: Relationship between Health and Fitness

The purpose of this exercise is to figure out the “so what?” Why are we talking about fitness? Is it really a problem? Whose problem is it? How does fitness relate to health?

Courtney Bailey

[August 28, 2015 at 4:21 pm](#)

I watched the ABC News “Obesity in America” and read the article “Can You Really Be Both “Fat” and “Fit”? Watching the ABC News segment about obesity addressed several issues of what health professionals think what is really the cause of obesity. One says fructose, while another claims humans aren’t supposed to be eating packaged food. Fitness should be a public issue, but we cannot address the issue if we cannot agree on what is actually causing obesity. I believe that fitness can be directly related to health. In the article that I read, people who were considered obese were tested and the results showed that they were still considered healthy. But do not misinterpret this. Being obese doesn’t automatically mean you’re healthy. There are many factors that need to be considered when addressing weight issues. Many of the people in the experiment were very overweight but were fit which means one can be obese, but fit. For me personally, I know my health can be 10x better. I walk to and from class every day, but I know that is not enough exercise. I know I’m supposed to be living a healthy lifestyle which includes a balanced diet and exercise 3-5 times a week. I am the person responsible for my health numbers. I am not going to rely on my doctor or any other health professionals for information that I need to know.

Exercise #2: Training

Hopefully, Exercise #1 made you consider the significance of fitness and its relationship to health. The purpose of this exercise is to get you moving. For Exercise #2, you will commit to get fit. In the spirit our online experience, here is some food for thought on using technology to achieve fitness goals.

Courtney Bailey

[September 23, 2015 at 10:20 pm](#)

I am not the most active person, but my BMI is 23.7 and my heart rate was somewhere in between 70-75 beats per minute. Seeing how 23.7 is almost overweight for my weight and height really made me want to actually start going to the gym rather than saying I’m going. Typically on Mondays, I go to a

Zumba class at Cary Street Gym. I started this back in my freshman year (I'm a junior now) and love it. I usually do Zumba or Hip Hop Aerobics but Hip Hop Aerobics is no longer offered sadly. Zumba is very high intense cardio for an hour straight. By the end of the hour, I am sweating intensely and I enjoy every moment of it. Afterwards, it makes me want to eat a salad instead of chicken tenders. The best thing about Zumba is that you don't have to know how to dance. It is all about keeping your body moving. I would recommend anyone who likes to move to music to join me on Mondays!

Exercise #3: Conquer the Cobbles

The purpose of Exercise #3 is to show your accomplishments. It's your brag book, go for it! You will share the recap of either your volunteerism or participation in the Race on Twitter. We will use VCU's Great Bike Race hashtag. Brevity is key but video, photos are all acceptable.

Courtney Bailey

[September 27, 2015 at 9:39 pm](#)

I volunteered this past week with my roommate. Being surrounded by people who literally train for a living was incredible. You would expect them to be cocky and overly confident, but the ones I conversed with were pretty down to earth. Since I have never been out of the country, it was pretty cool being around people who are from all over the world. Maybe one day, I'll be the one participating in the UCI World Championships.

Exercise #4: Reflection

Thank you for starting your Race to Health. I hope you enjoyed the class and learned something in the process. For your final exercise, you will reflect on the experience. Remember, your post is "out there" for the world to read, what do you have to tell them?

Courtney Bailey

[September 27, 2015 at 10:00 pm](#)

I am truly glad that I decided to enroll in a course pertaining to the UCI World Championships. At first, I was a little skeptical since the class is only from August to October. I automatically assumed that there was going to be a heavy course load because of the time constraint, but I was wrong. I do not think I would have picked up an interest in cycling if I never had taken this class.

I have learned things about my personal health that I do not think I would have ever been aware of. I am naturally on the skinner side and kind of tall so I was surprised when my BMI said I was close to being overweight. Seeing that now makes me want to take better control of my health and make the right changes to become a more healthy person. The next steps I will take will consist of creating a workout and meal plan so that I can become the healthy person that I strive to be.

As a woman, it is common for us to struggle with our appearance. If I put my best foot forward and stay on track with my meals and workouts, I could possibly influence another woman to do what I am doing.

And the fact that I am going to attempt to do all of this without a personal trainer will hopefully influence both men and women to adapt to a healthy lifestyle. Being healthy is not a sprint; it is more of a life-long marathon. I do not want to go on a fad diet, see results, quit, and then see the pounds get put back on it. I am in it to win it and I am very excited to begin this journey and hopefully I can positively impact people along the way.