

## **HEALTH AND NUTRITION**

I believe that I am well suited to a degree in the area of nutrition, exercise and community health. I have always been aware of the need for a healthy lifestyle and of the benefits of a healthy and well balanced diet. I would love to have a career that involves being active and working with a variety of different groups of people.

From studying PE at A Level I have enjoyed learning about the positive effects of exercise on the body systems and the advantages of living a healthy life. The study of PE has also broadened my knowledge of the growing obesity problem throughout the Western World. I was shocked that in America, 15% of children aged between 6 and 19 years are regarded as clinically obese, according to one study!

Working part time at Heatherton - which is a local activity park - has given me the opportunity to work as part of a team, and has also developed my trust and self confidence. I have also participated in voluntary work for the Pembrokeshire Coast National Park Authority. This confirmed my belief that physical activity like helping to maintain foot paths, and even simply walking the coast path can be very enjoyable, especially as we live in such a beautiful country. Likewise, most weekends this Autumn I have helped my father rebuild the local churchyard wall. This has been very rewarding and confirmed my opinion that physical work can be beneficial and satisfying. Every generation has added a little to the community and it's nice to think that I have helped rebuild the wall.

My hobbies include playing sport. Having enjoyed playing football for my local football team and rugby for my school and local club I feel that I have become very determined to do my best. Furthermore, I have competed in cross country for West Wales at senior level (17-20 years old) and I feel that this has developed my self belief. From my participation in sport, I appreciate that a nutritious diet and healthy lifestyle are very important because I always feel good after I take part in sport. This is why I am interested in a career in this area. I believe that the way in which people live can affect their mood, happiness and well-being. After I have graduated I would love to pass on that positive ethos.

Overall, I eagerly anticipate the challenge of a degree in the area of nutrition, health and community well-being and I can't wait to go to university. Socialising is important to me and I feel that university life will be a good opportunity to make new friends. I am very keen to study this course as it is an opportunity to study a course that I am interested in and I feel I will thoroughly enjoy it.