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English 2010

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### Look back effect

I choose my open letter and my persuasive effect projects for revision. My writing process is comprised of brainstorming an idea then coming up with any other ideas that may help focus my thesis. Next I do research on the subject and any adjacent ideas I previously had pertaining to the original. I then decide who is best suited as my audience. I finally decide what type of rhetoric I am going to use in the piece and how that should be used effectively. I then write my drafts and revise as many times as needed.

Over the semester I have been able to open my thoughts to a broad view of the research process and see how broad it is and where the best sources are to find good information. I typically use academic source that I find on my own. I did this semester though use the SLCC library to obtain a few sources. I found that a very useful database.

This semester I choose to write in a traditional genre of essay because I am used to creating documents in other mediums like and infographic or a photo journalism piece. I have weaknesses in traditional writing and want to further hone my writing skills thru practice in all the class I

attend. In each piece, I was able to find the karios for the subject that I was writing too. Though I did struggle a bit on the open letter. After revision, I was able to bring in the ethos needed.

If I had to take each of these two pieces and change them into another medium. I would first start by dissecting the thesis out of the document and then the main argument or topics and break those up into their own individual space. I would then design a cover page that suites the piece and either create artwork for the pieces or use photography. I would then use the elements of design to craft each page in a manner to draw my audience in and make them want to see every detail. Each page would have one of the topics. I would then break the information down and into different text boxes drawing the readers eyes back and forth across the page. This will keep the readers interest and have them look forward to seeing the next page.

The two pieces I choose to revise both had no change in my position on the subject. I did however change each of them to clarify things that I received as feedback after the presentation. I added sources into my persuasion effect to strengthen my arguments. I clarified the solutions and cleaned up the mla formation of both pieces. My open letter I change by clarifying what bodybuilders do and what they learn about and how that is applied to the body. Overall, I have learned an enormous amount in such a short time. I am glad I took this course even though I have faced computer issue all semester.

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### Bodybuilding or Stereotype?

Dear not so avid gym goers,

Well now! It's time that we discuss a few things regarding your views of competitors.

When I say competitors, I am referencing those of us that have a love and desire for bodybuilding. We take so much time to mold and shape our body's in a fashion we desire. To inspire people is our goal and part of the fuel that makes us strive for perfection. We typically present our work on stage or thru social media. We are made of the same flesh and blood as you. So why are you so critical of the people that make up this minority?

Being an aspiring competitor for the past few years. I have seen plenty of prejudice towards bodybuilding first hand. Some of you are nice and give a passing smile. Others think I am vein, egocentric, unintelligent and show portray an unrealistic idea of being healthy. Why make unnecessary comments towards competitors both directly and non-directly? There has been thought into you actions towards bodybuilders and those that simply love the sport of bodybuilding.

The first thing that came to mind was self-worth or loving oneself. You have the same need as the rest of the world to love oneself. Bodybuilders and competitors have just found a different manner than you to accomplish that. Nevertheless, we all strive for the same thing.

Don't mistake the time taken to prep our food, practice posing and the countless hours lifting metal weights as egocentric. That is all dedication in the form of loving ourselves. It can be mistaken that we are vain because we pose in the mirrors in front of you. That is all prep for the next time we are going to be on stage in front of hundreds maybe even thousands of people. Would you not practice a speech over and over if you were required to give one to a large audience?

Now let us address the issue of intelligence. Do you realize the time and studying it takes to understand food, anatomy, and body mechanics? We spend countless hours reading how nutrients are broken down into the substances that are the building blocks of our body. We use that information to adjust the amounts of specific proteins and vitamins that we take into our bodies to build it into a piece of art. On top of that we go to classes and take certifications in how the body moves and how to optimize movement of each joint. Then combining them into other movements to activate each muscle. We above all study how each of the 11 major muscle groups are comprised and how they can be stimulated to activate growth. Instead of bodybuilders and competitors spending their money on things like video games, they instead spend it on things like taking nutrition classes, paying a coach to help them understand their own needs and thresholds. It isn't unrealistic to show the human body's potential. Promoting health and wellness physically and mentally is not a bad thing. We just happen to show that in the form of our food choices and how hard we train to create an example of our own potential.

Finally, we have started to realize that those silent warriors you may make comments under your breath at, are not crazy or ego driven meat heads. We are people just like you, with the same feelings and daily struggles as you. Not all of us started as bodybuilders. Most of us started as something we personally viewed as gross or hated about ourselves. Having a traumatic

experience in one's life like being bullied for being overweight has driven some of us to be as healthy as physically and mentally possible.

Next time you see one of us at the gym or on the street in our own element take the time to strike a conversation. Learn who we are and where we come from. You might take something more than learning about our lifestyle away. You may feel inspired by our stories and learn that humans can overcome adversity and blossom into a beautiful person that is confident and happy with life.

Sincerely,

The people that quietly fight their war

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### Healthy lifestyles and Your Employees

In corporate America, an employee's health is a key factor in an efficient and productive business model. As American society has evolved into a corporate focused society so has the concerns of needed health awareness towards employee's. Most corporations are aware there is an overwhelming number of their workforce that are in the category of obese and unhealthy. In the United States 46% of Americans are considered obese or worst (Fryar). This is an increase from the study done in 2008 from 33% (CIA). I would like to look at the factors that are contributing to such health concerns and bring to light that corporate America doesn't effectively promote and support a healthy lifestyle for both blue and white collared workers.

The work load of employees transcends from an office setting to a construction site. A blue collared worker would most likely retain a physical job such as one offered in a construction site. Many of the jobs in our country should have a daily projectable work load. This may not always be the case. In different types of commerce the work load can vary and be unpredictable. Unfortunately, the work load is typically more than the number of workers that a company employs regardless of the type of business. This lack of employees and a high work demand can be looked at as very profitable. As some economists would say, "A lean company is a profitable company". This may be true in most of a capitalist market. But, at what point does running a lean company become a hindrance when most of your workforce is deemed unhealthy by multiple

agencies' officials. This may in many cases raise the amount of PTO (paid time off) that employees use. The use of PTO in corporate America is not looked at as a bad. Companies typically provide a set amount of time a person can take for things like becoming sick or life events. The question then arises "When does taking PTO become a problem?". This issue has been seen by many companies when a majority employees have used all their PTO hours and are taking days off without pay. This will most definitely take a toll on your lean business model. Without those employees to run the company, who will take their place. So companies rely on systems of administrative action to discourage such situations from happening. The inevitability of this event happening can be seen from a public prospective as a poorly ran or untrustworthy company. One might think that if a company can't keep a full staff, then that company may not treat their employees fairly. We all know that life does happen and there are always variables that we can't control. As noted in one study 61% of employees reported that their work load was too high to take a break. (Leslie) The solution is simple by taking care of your employees by increasing your workforce and lowering the amount of workload. Thus, giving employees a healthier work environment that is less physically demanding. Companies don't want their blue collared worker's physical demands to drain their productivity by an unhealthy work load and unsatisfactory work environment.

There are exceptions to work load factors in the workplace. In retail and telecommunication based companies the jobs range from white to blue collared environments. These companies solely depend on the volume of customers that they are in contact with to keep the business running. Taking volume into a factor as a necessity for these types of businesses. The next cause of an inefficient business is stress. In terms of health stress is a big factor "People with disabilities, in dangerous or low-paying jobs, and those in retail are most likely to say their

job has a negative impact on their stress levels (43 percent)" (Pazzanese). Two examples of these high stress jobs are a call center employee and a cashier at the local convenience store. The two examples and many others like them can be labeled as stressful and unhealthy environments. Not only is the workload high, but they are mentally demanding. A call center employee that is in a collections department may be more sedentary throughout the day, but the mental stress of being yelled at over the phone all day can take a toll on their health. In comparison, a cashier may not endure continual mental stress of being yelled at by customers. They have just as much mental stress when handling money properly and the physical chores that go along with the job as well. Their mental stress is caused not only by a need for attention to detail, but also physically standing in one place most of their shift. That alone can be mentally draining on an employee. After looking at the two different examples of mental stress we again can alleviate some of this by increasing the workforce and having mandatory breaks for those types of employees. This will alleviate some of the mental stress of employees. Most retail and telecommunication companies have a common knowledge that high stress jobs typically have high turnover rates. A high turnover rate or loss of an employee due to the strain on their health mentally and physically can cost your company more money in administrative costs then providing more frequent breaks and more available help in the workplace.

Nutrition is a key factor in every person's health. Whether they are at work or out for a day of fun. Of people surveyed about their eating habits at work 28 percent state that their jobs negatively affect their how they would make nutritional choices (Pazzanese). Nutritionists in the fitness industry state "Health is Wealth". This also is very true of your business regardless if your company is a part of the fitness industry. A healthy workforce with good nutrition can cope with higher levels of stress and physical demands of a job. Ultimately good food and a healthy

diet can keep a person running at their optimal levels needed to complete daily tasks in the workplace. We have all been in a stressful situation where we were very hungry or lacking nutrition and have had that situation take a down-turn due to our own needs of nutrition. The corporate workplace in both white and blue collared environment is far from just lacking in the availability of good nutrition. They are none existent in most cases. Now as corporation expenses are looked at very carefully, providing your employees with food is most definitely an expense that most companies would not support. Instead of purchasing food for your employees, partner with local businesses and food trucks that can provide healthy options in the form of on-site food preparation that can be purchased during their added breaks. If you give your employees the opportunity to eat a healthy meal during work, they will more than likely take that option over the occasional vending machine candy that can be scattered throughout the office or the quick trip to the convenience store for quick food that is probably not the most nutrient rich food and may even cause a lack in performance of their job. This is a profit conscious way of keeping your workforce healthier and promote a healthier life style.

We looked at several factors that affect your employees and how that pertains to the bottom line of your business. Given were some ways to promote a healthier workplace environment for them. This can increase morale and lower the loss of employees. The most important idea of this information is we in corporate America can help promote a healthier lifestyle by lowering daily stress and promoting better nutrition. We can be a huge factor in keeping our countries workforce healthy and even lower the obesity in America. What is the most profitable thing we can do for our own country? We can promote longevity of our citizens and employees. This can help your business by having a customer that is healthy and more apt to buy and support capitalism in our country. In turn, your workforce will be healthy and able to

work for many more years throughout their life, giving your company value that is hard to obtain through rules and administration. We all want employees that would be willing to work for us for the better part of their lives and enjoy coming to work every day knowing the company, they work for is the right one for them. As corporate America, we should be an instrumental piece of our countries existence. One that historians can look back at and see that corporate America was a driving force to a healthy lifestyle shift in a time of over indulgence and over worked labor force.

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