   ○ This research project was trying to discover if there was a direct correlation with exercise and depression reduction. After going through 39 trials total, 35 of which were able to correctly provide data for meta analysis, they came out to the conclusion that there is a correlation between exercising your body and having a lower level of stress in the mind.
   □ I believe that this source connects to my project extremely well. I am trying to show how exercise through sports can lead to a healthier life. This source helps prove that theory because it determined through experimental trials that exercise can lower depression and when you have less depression you are living healthier than you would be if you did have that depression.

   ○ This paper reviews the association between exercise and sleep. The scientists that wrote this research paper were trying to prove that different forms of exercise promote healthier sleep. This was a more difficult experiment because of the amount of factors that came into play (gender, age, exercise technique, lifestyle). After going through the process of testing their theory,Helen S. Driver came to the conclusion that exercise and sleep promotion have a direct correlation.
   □ This paper is another that reinforces my personal theory on exercise and general health. One of the aspects of a healthy lifestyle is getting good sleep. This paper helps show that exercise can help you get the right kind of sleep that you need.

   ○ This research project was done in order to prove that every U.S adult should complete at least 30 minutes of moderate-intense exercise per day. The conclusion of their research prove their theory.
This Journal is extremely helpful to my research because it gives me further evidence that suggests why exercise is healthy for you.


- This journal explores psychological and social benefits of participation in sport for children and adolescents. The conclusion of their experiment ended with them stating that they recommend all adolescents to try organized sports because of the benefits toward your social, physical, and mental growth.

- This journal gives me evidence toward how exercise can benefit different aspects of your health. It also helps me discuss how starting sports at an early age can benefit you in the long run.


- This article discusses how although sports can benefit you through exercise, and mental growth, they can also affect your health negatively though injuries and intense strain to the body. After looking at a wide range of sports compared to injuries, they concluded that certain sports have higher rate of risk to injury.

- This journal is going to help me talk about how even though there is a risk factor in sports, when taught the correct way to play the sport and utilizing the correct technique, the risk/reward ratio is definitely leading toward the reward side of sports toward your health.


- This Article that comes from “The Atlantic” discusses how schools that have a stronger athletic program have a higher average on test scores and a smaller drop-out rate. Another argument the author addresse in the article is that even though american students spend almost twice as much time playing sports than other students in the world on average, that doesn't mean that sports are taking away from school

- This article is going to benefit my research because it has a lot of information on how athletics are causing kids to actually do better in school. One part of living a healthy life is having a healthy mind. This article directly correlates to that.
   ○ This article discusses how exercise potentially may not help you lose weight. The Authors argued that working out a lot has the potential to actually slow down your metabolism.
   ■ This article will help me put counter arguments in my reasearch. Unlike the other sources I have, this article discusses how exercise may not be good for your health.

   ○ Ronald E. Mickens uses the power of mathematics to build a model for dieting. In this model he gives examples of formulas which when used correctly, allow you to precisely calculate areas such as your daily amount of calorie intake when put in relation with the intensity and time of your movement
   ■ This source is going to benefit my argument because of the information that lies within the article which gives me statistics about what a good diet intails and how to impliment exercise into your daily life.

   ● The title of this article is “obesity and the first law of thermodynamics.” Walsh discusses how if one can successfully understand the first law of thermodynamics, you will have a further understanding of obesity and how to be able to prevent the all too common and preventable problem that is spreading across the nation. The publisher of this article is the “University of California Press on behalf of the National Association of Biology Teachers.”
   ○ By using this source, I have credible information that reinforces my argument by explaining the simple first law of therodynamics. Because you have to be able to burn food energy as it enters your body, that implies that you have to learn how to connect exercise into your life for the amount that adhears to your body.

   ● This journal was published by the British Medical Journal. The Author Mike Lean begins his article with credible statistics about the obesity rise in the United states and the world. Lean then goes on to describe how to lower obesity rates through a “positive energy balance.” This balance according to lean is obtained through being able to balance the amount of food you consume compared to the amount of energy you burn through any type of strain on the body.