Annotated Bib Source 1:

National Center for Chronic Diseases Prevention and Health Promotion. “Health and Academic Achievement” [*https://www.cdc.gov/healthyyouth/health\_and\_academics/pdf/health-academic-achievement.pdf*](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)

The National Center for Chronic Disease Prevention and Health Promotion or CDC is an organization that helps protect Americans health and safety related to diseases. They receive information that protect us against health threats to try and prevent or stop health issues.(first sentence is good enough for the In the article “Health and Academic Achievement” the CDC states that their main goal is to get “Schools, health agencies, parents, and communities share a common goal of supporting the link between healthy eating, physical activity, and improved academic achievement of children and adolescents.” (There isn’t an author, look on perdue owl

The article compares dietary behaviors and academic achievement and physical activity and academic achievement. Both of these sections prove that eating healthy or exercises improve student’s performance academically. The article continues to explain how to constructively get these messages across to different audiences. For example, school districts are “Implementing strategies that help students stay healthy through eating healthy foods and being physically active can result in decreased rates of student absenteeism, fewer behavioral problems, and higher school-wide test scores and grades.” The article ends by stating how to specifically take actions and provide a healthier lifestyle for American students.(Add more quotes within this second paragraph)

The CDC is very motivated to make sure that American people are properly equipped for different diseases and threats. This article specifically shows that the authors want American students to be live healthy, eat healthy, and perform positively in educational settings. The Journal of Nutrition and Food Sciences published an article titled “*The Perception of College Students about a Healthy Lifestyle and its Effect on their Health*.” In the Abstract, it specifically states that “Health is an aspect of life that is essentially one of the important factors in basic human performance. Health contributes to general well-being and overall lifestyle.” The journal conducts a study that proves that exercising and eating a healthy diet does directly correlate with a healthier lifestyle for college students. This journal relates to the articled published by the CDC because they both positively support the use of extracurricular and balanced eating to help implement better academics and a happier life.(Good similarity\*keep\*) (Make this paragraph less dense, and the analysis done is really)

Annotated Bib Source 2:

Hanaa Ghaleb Al-Amari and Nedaa Al-Khamees. “ The Perception of College students about a Healthy Lifestyle and its Effect on their Health” <https://www.omicsonline.org/open-access/the-perception-of-college-students-about-a-healthy-lifestyle-and-its-effect-on-their-health-2155-9600-1000437.php?aid=63506>

Hanaa Ghaleb Al-Amari and Nedaa Al-Khamees both are educators at Kuwait University that helped research and write this journal. Hanaa is the main author and has received a lot of recognition for this journal. She is the Associate Professor under the College of Education at Kuwait University. Their research article was published in the Journal of Nutrition and Food Sciences. There article studied the “perception of college students from Kuwait University about a healthy lifestyle and its effect on their health.” They think a healthy lifestyle is “measured by diet, exercise, and sleep.”

The journal explains the study that they are administering. They administered questionnaires and then put all the data in the computer to find out information about healthy dieting, iron deficiency anemia, sleep, body weight, and exercise. The article continues to explain how important eating healthy is for one’s body “Eating the correct amount of nutrients is essential for the body’s proper functioning. Basic nutrition is the fuel that a body needs to operate.” It then states how important exercise is for the human body to function properly. “It is good for the normal functioning of bones and protection against osteoporosis, it helps reduce high blood pressure, heart ailments, and even cancer.” The journal shows a couple different charts that help the readers visualize what they were testing and how the results varied from between men and women. “The results of the study show that the majority of college students at Kuwait University conduct a moderate healthy lifestyle.”

This journal strictly states “College is the absolute best time for students to learn the importance of making time and dedicating energy to a health and fitness program.” In the article by the CDC it explains how earlier in life how important it is for parents, school and children to understand how important it is to have a balance and healthy lifestyle. It specifically states that “Students who are physically active tend to have better grades, school attendance, cognitive performance, and classroom behaviors.” Even though both of these articles are discussing different age groups, the main message is the same. All students of any age should have access to maintaining a healthy lifestyle so they can succeed. In the journal it states that “The outcome of this study is of great concern to public health. Most students attending Kuwait University…conduct a moderate healthy lifestyle… therefore, it is vital that additional in-depth research is conducted on college student’s healthy lifestyle factors…” This proves that the authors of this journal are very passionate about what they research and want to continue spreading the information all around Kuwait.