BENEFICIAL EXERCISE THAT WILL KEEP STUDENTS MOVING

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Exercise is generally good for the body. It promotes blood circulations and increase metabolic activity, which helps with proper brain and body function. For students who sits around all day most of the time it is very important to introduce exercises that will make their body move. By doing this we could make sure that their health is in check.

One of the exercises that are extremely beneficial in training the body for endurance and strength, and also widely introduced especially in college curriculum is swimming. Swimming is a very physically challenging activity. The effort to move on land is largely different compared to when in water. But our body is naturally buoyant thus the stress that the muscles absorb is relatively lesser since the water absorbs most of it. Doing water aerobics is a great way to have a full body exercise, it burns more calories as compared to normal aerobics and it is more fun for young teens.

Another popular exercise is the dance craze of 2018, Zumba. Zumba is actually a South-American origin, specifically Brazil. It is a type of aerobics that exert double or even triple the amount of effort. It targets several muscle areas at once depending on the routine. What made Zumba so fun and popular is that any music can be Zumba music. Mostly people use trendy songs or the songs that are mainstream, from American, to Latino, to Korean pop, even some ballads were turned into Zumba pieces. Zumba is very high intensity and the strength gradually progress throughout the dance routines. Students can benefit with Zumba a lot, it is a great way to engaged into working-out and cardio-exercises that can strengthen the heart and lungs.
The third option is Tai chi, the Chinese meditation exercise. As equaled to swimming and Zumba, Tai chi is a more relaxed type of exercise that focus more on balance and flexibly. The poses and routines strengthen the legs, hips, and core muscles. It is advantageous for mind detoxification. This exercise will teach students patience and serenity which is very unheard of from teens of this generation.

Sports like basketball and volleyball are also suitable for students. High intensity sports burn a lot of calories and builds stamina. Team sports also promotes teamwork and cooperation, plus it is a great way to introduce friendly competition and good sportsmanship. Playing team sports encourage strategy formulation and critical thinking. Basketball is very accessible since it is basically the unofficial national sport of the Philippines, you can literally find basketball courts on every barangays and schools.

But if all else fails and no facility is available, the most basic exercise students can do is walking and running laps. It is easy and it burns good amount of calories. Walking-running laps does not force the body that much, the emphasis of the exercise is legs and cardio strengthening. There is no facility needed, just a long flat surface, school covered courts and grounds are very much applicable.

Moving and shedding some sweat is not bad specially to maintain weight, or regulate blood flow. Exercise is a way to make sure that the body functions properly, it is not only beneficial physical but mentally as well, the brain also benefits from increase blood flow. It helps with concentration and focus. It also makes retention and absorption of lessons better.

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