P.E Teachers Needs for Effective Teaching Sport: A Healthy Life Style Habit

by:
Diosa B. Santos

Serving as an educator is a serious job. It takes a whole lot of strength both physically and mentally to play the role efficiently. Being part of the academe, especially being a teacher is almost like being a superhuman due to the fact that they need to tolerate different stressors may it be mental stressors or physical one. However, no matter how tough a teacher may be, he/she is still prone to simple illness like common colds and cough especially after a week-long exposure to different students and staying late at night preparing lesson plans and other school related works. Thus, taking care of your health and fitness as a teacher is very important. Nutrition is vital in achieving a healthy and optimal body condition and a healthy body is the key to a long, active and enjoyable life. It is correctly stated that health of both mind and body helps one maintain the required energy level to achieve success in life. Being healthy allows us to perform our activities without being lethargic, restless or tired.

There are many ways in which one can be healthy and live an active lifestyle. Foods such as carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit are good not just for the body physically but for the mind as well for mental well-being. Also, making sure that you are physically active compliments very well with proper nutrition. Study shows that though nutrition plays a majority part on a balance and healthy lifestyle, still it will not be complete without an active lifestyle. A 30 minute brisk walk from school your house is always beneficial. Lastly, avoid unhealthy habits like smoking, drinking alcohol and eating foods high with carbs and fat. As teachers we should be a role model to our
students. In school we promote a neat and proper appearance and it is important that we ourselves live up to the example making sure that we are always fit and healthy.

It is vital that we take good care of our health as personnel in the field of academe, being healthy means that we can do and perform better our duties and responsibilities. Also as physical education teachers, making sure that we are healthy means that our energy levels will always be on its optimal state which is important in teaching the subject. Being healthy doesn’t necessarily mean that you need to take food supplements and vitamins. One can be healthy by being particular with his/her diet, making sure that he/she has a balanced nutrition and staying physically active.

References:

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