LET'S GET PHYSICAL!

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In this era where students—and almost everyone are becoming more and more involved in the chaotic world of the internet, it seems like the government must step forward to address this serious issue.

News, published by CNN, has revealed the world's heaviest Internet users are from the Philippines where people spent an average of ten hours and two minutes a day online in 2018. Unsurprisingly, another recent report from statistica.com stated that as of January 2020, the number of internet users in the Philippines grew to 73 million people, accounting for more than half of the total population.

Therefore, limiting screen time is almost impossible for youth nowadays for they can easily find ways to sneak any gadgets they want. Their hands are glued, holding their gadgets nonstop all day and it truly is worrisome at some point. They won't budge in their sit, they skip lunch or dinner, in short, their health is being disregarded.

However, students focusing on other things rather than on the internet could potentially reduce their 24/7 screen time. And, this can happen in school. Yes, you read that right—in the comfort of their own schools.

The topic of physical fitness among students and teachers is something not everyone wants to talk about because it will take a consistent long process for it to last and work efficiently. Though, with the will to break the stigma and with persistence, we're one step ahead of our game. Besides, half an hour or so of being active is not much of a challenge.
As a matter of fact, any children need at least 60 minutes of moderate to vigorous exercise each day so implementing school-based physical activity programs is the first way to go. Increasing the time allotted for PE classes as well as increasing the number and types of physical activities during PE class would be a great headstart. Starting small could lead to a bigger one so taking baby steps can do visible progress. In the same way, little investment and commitment could potentially open the door to dozens of new and healthy educational programs.

Not only do these school-based physical activity programs would help students and teachers refrain from the devouring side of social media and be physically fit, but they could also improve their fitness levels, help them maintain a healthy weight, encourage them to build a healthy lifestyle, and can reduce the risk for numerous diseases including cardiovascular diseases. Also, it has been shown that moderate-intensity exercise is related to increased performance in working memory and cognitive flexibility, whereas high-intensity exercise improves the speed of information processing (Chang and Etnier, 2009).

Moreover, physical activity may also be incorporated through physically active academic lessons or activity breaks. Moreover, health education in the school about physical activities and fun runs may be combined with other school-based and community-based programs.

Fun runs are also a great way to be physically fit and building confidence from running is a bonus point worth mentioning. It also helps to reduce stress plus most fun runs are of a good cause.

Aside from running, Zumba is an awesome alternative to try! It is an energetic dance fitness program and is an extremely popular exercise trend here in the Philippines especially amongst the younger and middle-aged group. The simple moves and the energetic blast of music make it even more fun and enjoyable. It can give you a full-body
workout in just an hour or so which is perfect for those busy teachers and students out there. Providing Zumba sessions every morning at school is definitely a way to go to engage everyone in being more physically active.

Another thing to consider is the food being served during recess or lunchtime. The school canteen must provide healthier options for the entire campus to enjoy since food plays a vital role in becoming healthy and fit.

Of course, students and teachers can do more outside the school. They can attend dance classes or just simply do some jogging around the park wouldn't take much of their precious time. Walking, if you may or may not know, is a form of exercise too. (7,000 to 8,000 steps a day is ideal)

Given these points, we must keep in mind that once educators take the path toward physical fitness by serving as a role model... if ever they would start it first, then most likely, would students.

In a world where it’s becoming more difficult to engage people in physical activity, programs like what's been mentioned could help them to take control of their fitness and well-being. It is a good way to promote positive habits that can be of great help in the long run. Hopefully, this agenda will not just be possible at school, the whole country must set a goal in regards of the fitness issues its citizen is facing.

Generally speaking, encouraging students and educators of this generation to become physically active despite the difficulties waiting on the way is totally worth it, considering the fruitful results it would give.

References:

https://www.nap.edu/read/18314/chapter/8