

## TEACHING WHILE GETTING FIT

by:

**Jing M. Kimpo**

*Teacher III, Lamao National High School*

Obesity had become a major health problem not only in the Philippines but around the globe. World Health Statistics 2012 reports that one in six adults is obese and about 2.8 million individuals die every year due to overweight or obesity. As servings of food become bigger and there is an increase in the demand for processed and fast food, overweight is inevitable. Another factor is the absence of physical activities. There is no more time for exercise or working out as the workload can get too stressful and exhausting.

Teachers are no strangers to these. With the dual role they play, at home and work, there is no time to get fit. After a day of work, teachers no longer have the energy and time for exercise. Most of the time, to relax, they resort to food or other non-physical activities like surfing the internet or watching television. These and other factors make teachers vulnerable to diabetes and other health-related problems.

This article tries to give ways on how to stay fit while being a teacher or other professions with the same work demands.

### Getting up early in the morning

While most people would rather stay cozy in bed, an article on ways teachers can fit exercise around work (Marsh, June 2015), cites waking up early in the morning to be effective. It lets teachers kick start their day and make them feel energetic throughout the day. Waking up early not only is good for mental health and metabolic functions but also helps teachers stay away from heart diseases (Fermi, 2019). It also helps to set one's

appointments early and avoid the stress of having to run after deadlines or busses and public transport.

Although getting up early offers a lot of benefits, teachers should make sure they get enough sleep by sleeping early at night.

## Packed lunch

It is no news that processed foods are packed with unhealthy ingredients like preservatives that can make people fat. To avoid this, teachers are advised to pack their lunch. Also, their lunch should be healthy with a balance of meat, fruits, and vegetables. Although fast foods can be very convenient for teachers, their ingredients are never good for healthy living and at least one knows what one puts on their food.

## Finding an after-work hobby

While the whole day of work can get taxing and leave the teacher with no energy, it is recommended for them to find a hobby they can enjoy. This will make them avoid couch potato activities. The chosen hobby must be something amusing so one can look forward to doing it. It should also include a physical activity that can take up at least thirty minutes a day. These hobbies may include jogging around the neighborhood, riding a bicycle, or even just plain walking while playing music through a headset or headphones. Music is known to relax the mind and body. Researchers at Stanford University have even claimed that music seems to be able to affect brain function 'to the same extent as medication in many circumstances.

## Stay well hydrated

Drinking water offers a lot of benefits and one of them is to stay healthy. When one drinks water, the stomach feels full, and cravings will not be possible. Therefore, one does not resort to binge eating. When one also craves unhealthy foods like sweets or bread, and fruits or yogurt is not around, one can drink water to suppress the cravings.

There are other ways to stay fit despite the demands of the teaching job. Planning and sticking with it is the game plan. Discipline and staying on track are what will make any plan attainable.

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