

## **GALAW PILIPINAS: THE WAY TO A HEALTHY MIND AND BODY**

*by:*

**Angeli N. Agustin**

*Teacher I, Tipo Elementary School*

With the recent impact of the pandemic on everyone's health, people have come to realize how one must maintain a well-boosted immune system. Taking care of our overall health will let us live a good life with improved mental health, physical appearance, and energy levels- a ticket for a life that is free of illnesses and diseases.

Body conditioning is part of a school daily program activity. As every school performs their flag ceremonies, children enjoy body conditioning exercises as they unconsciously set their body and minds in their everyday class activity. According to Barile, Learners who are physically active tend to have better grades, school attendance, cognitive performance and classroom behaviors example is on-task behavior. Also, high intensity physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among learners., aside from helping the brain get ready to learn, it actually makes retaining information easier.

To improve the learner's focus and holistic health, the Department of Education launched a dance exercise to promote an active lifestyle among Filipino learners, the Galaw Pilipinas, it is the Department's National Calisthenics Exercise Program that will be part of the daily body conditioning routine in schools and community learning centers around the country. It is a four-minute workout routine that shall contribute to the sixty (60) twinkles of moderate to vigorous physical activity prescribed daily for children ages five to seventeen (17) years old. It is a response to the impact of the pandemic on our learners which reduced their physical activities that affected their overall health. The

routine exercise steps were created by simple steps inspired by Philippine folk dances, festival movements, and arnis stances in recognition as the national martial art and sport.

To live a healthy life, it is essential to exercise for mental and physical development. Thus, workout is important for the overall growth of a human. It is essential to a person to maintain a balance between study, work, rest, and activities. Everyone should have productive exercise daily, be fit and live a long life free from illnesses and diseases especially now at this time of stressful world not only for teachers but also for learners.

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