

Physical Fitness

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I believe that physical activity is important for your health. It reduces your risk of heart disease, some cancers, type 2 diabetes, controls your weight and strengthens your bones and muscles. To support students in maintaining healthy lifestyles the Toronto District School Board has implemented Daily Physical Activity (DPA).

The link below is a video showing students engaged in DPA in the classroom.

<http://www.youtube.com/watch?v=m8Z4jJFG3SQ>

Over the last year, I have taken an interest in participating in half marathons to promote a healthy lifestyle for myself, my family and my students.

Steps in preparation for a half marathon:

1. Training

Several months prior to the half marathon during the week I run four 5km runs and a 10km on the weekend.



2. Diet

Two days prior to the run begin carbohydrate loading. You need to increase your consumption because you burn a lot of calories during the run and your muscles can cramp up.



3. Health

The night before the run make sure to get a goodnight's rest.



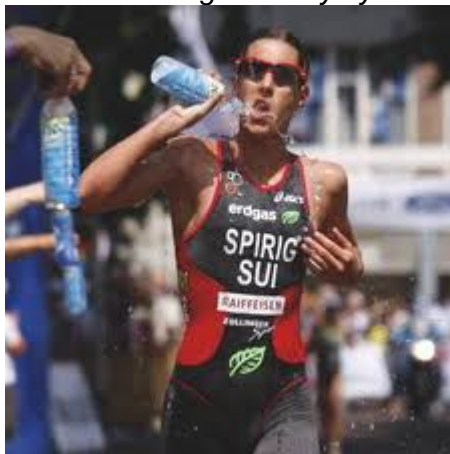
4. Preparation

Day of the run, I eat protein and carbohydrate rich foods such as a bagel with peanut butter and a banana and drink water to keep me hydrated.



5. The Run

Keep a steady pace while running and stay hydrated.



6. The Finish

After the run drink chocolate milk, eat bagels, oranges and/or power bars.



7. Celebration

At the finish a medal is presented to all participants. I celebrate the completion of each half marathon with a meal out.

