



UP MANILA RUNNING

A RUN TOWARDS HEALTHY
LIFESTYLE

07.13.21

PREPARATIONS

- WARM-UP
- DRINK WATER, LIGHT SNACK (DEPENDS)
- ROUTE
- ENOUGH SLEEP AND REST
- POSITIVE ATTITUDE & MINDSET

IMPORTANCE OF PREPARATIONS

- DECREASE FATIGUE
- PREVENT INJURY

BARRIERS

- TRAFFIC
- COVID-19
- WEATHER
- SCHEDULING CONFLICTS

SOLUTIONS

- MASKS & HOME RUNNING
- PLAN ROUTE PROPERLY
- CREATE A CONSISTENT PLAN & STICK WITH IT



GROUP 3

BALUYUT | DIMAAPI | OMAMOS | VIDALLON | TIMBALOPEZ