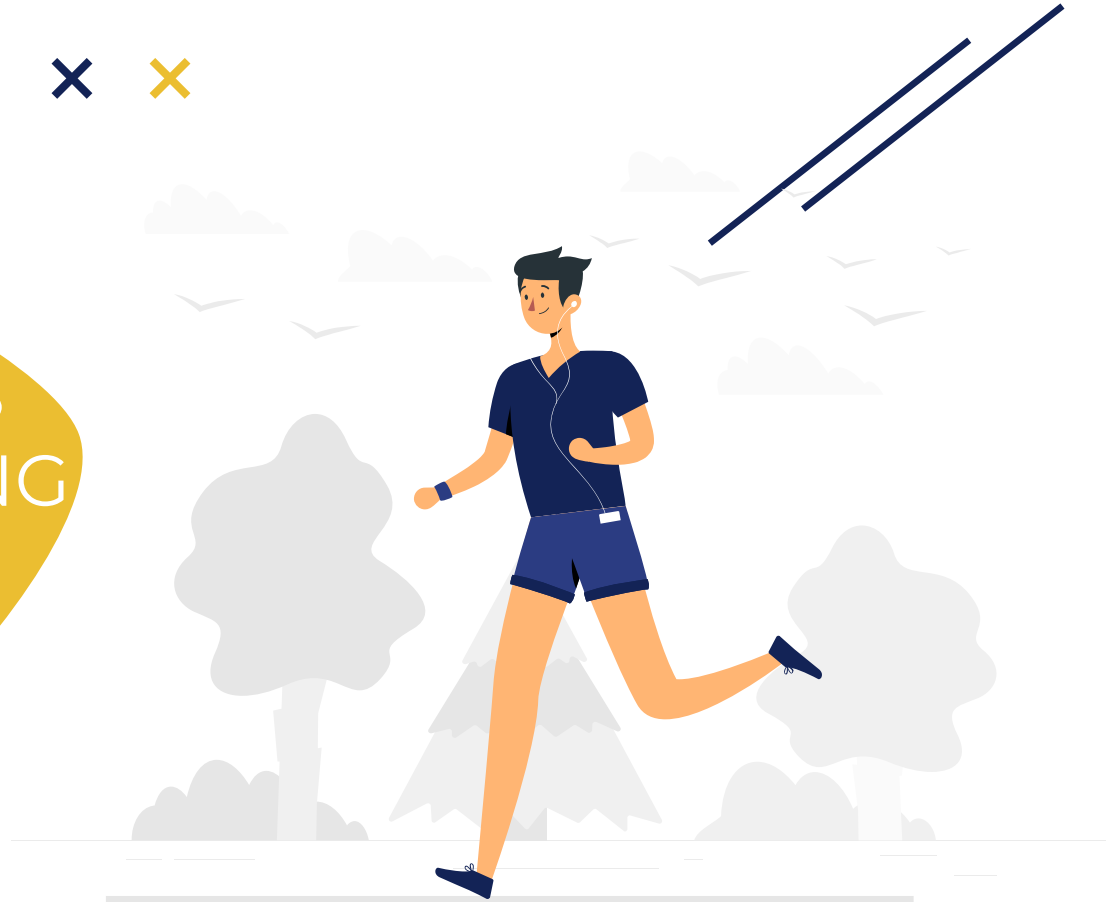


PREPARATIONS  
BEFORE GETTING  
INTO **RUNNING**



BY: GROUP 1






# QUESTIONS TO **PONDER**



**X X**

- 
- 01** WHAT ARE OUR PREPARATIONS?
  - 02** WHY ARE OUR PREPARATIONS IMPORTANT?
  - 03** WHAT ARE THE BARRIERS TO RUNNING?
  - 04** WHAT ARE THE WAYS TO OVERCOME THEM?



01

# WHAT ARE OUR PREPARATIONS?





## ✕ WHAT ARE OUR PREPARATIONS?

Getting well-rested by having **enough sleep** before running.

Conditioning the body by **meditating and warming up**. Warming up before running helps your muscle to be toned and ready for big movements. Meditating includes immersing yourself in the environment as running is a holistic experience.



Fueling the body by **eating a light meal** that is rich in protein and carbohydrates before a run.

Making sure that the body is **fully hydrated** by drinking enough water one (1) hour beforehand to avoid fatigue and dehydration.

Gearing yourself with the **proper attire**. Wearing light clothes in hot weather and dressing comfortably in cold weather. Also, one should also prepare proper footwear for running. Avoid wearing slippers, running shoes would be a much better option.



02

# WHY ARE OUR PREPARATIONS IMPORTANT?



02

## WHY ARE OUR PREPARATIONS IMPORTANT?



Eating a snack with proteins and carbohydrates helps one to **avoid a blood sugar crash** while running.

Proper conditioning of oneself through warm-up and meditation before running will be helpful in **achieving overall well-being**, which can **optimize the running experience**. For example, light exercises prior to the activity are crucial in avoiding muscle fatigue and injuries. Likewise, meditation can increase one's motivation to run.

02

04

01

03

05

Evidence shows that sleep deprivation makes us easily get tired from running (Davis, n.d.). Preparations like having a proper sleep routine are important to **keep yourself energized** when running.

Water helps supply energy to our cells and soothes our joints while also regulating our body temperature and removing waste. **Hydration can help with recuperation, injury prevention, and performance enhancement** (Siekmann, 2015).

Wearing proper attire **protects one from the environment**. Wearing breathable and light clothes when it's hot helps your body to sweat properly while thin thermal clothing protects your skin during cold weather. Moreover, **long-term ailments like shin splints and tendonitis can be avoided** by wearing running shoes.



03

# WHAT ARE THE BARRIERS TO RUNNING?



# ✗ WHAT ARE THE BARRIERS TO RUNNING?



The **pandemic** itself inhibits many aspiring runners. Aside from the mental health burden of going outside, it is a challenge to wear facemasks if needed, since the activity causes hyperventilation. Additionally, protocols like physical distancing deprive many of the full experience because running can be a platform to socialize.



**Mindset** serves as a barrier for most people when it comes to running. Limitations are created within a person's mind concerning his/her abilities to run to the full extent. Some may think that they won't be able to run a certain distance, while some may think that they are not too fit for the activity.



One's **personal time** can also be a barrier to running, especially for people with tight schedules and several commitments to handle on a daily basis. With this, some may not find enough time to squeeze in running into their routine.



Running can be dangerous because the running path is sometimes shared with vehicles passing by; the **availability of space** can also be a barrier because inappropriate places like busy streets can cause accidents and such.



**Asthma** can be a barrier to running. Most of the time, severe cases of asthma hinder people from running to the full extent.



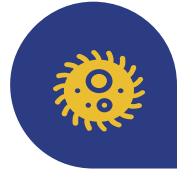




04

# WHAT ARE THE WAYS TO OVERCOME THEM?





# PANDEMIC ISSUE

Given the pandemic, a person can still run by following the protocols and making sure that the body is equipped against pathogens. By living a healthy lifestyle, getting vaccinated if available, being aware of first-aid, and coordinating with local authorities can help in attaining not only one's safety but also those of others.

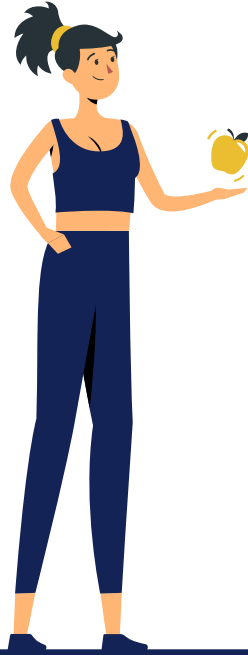




# MINDSET ISSUE

Developing a mindset that seeks to constantly improve oneself, and instills the belief that one can become better as the activity is habitually done, may help an individual engage themselves more in running activities. Adopting a growth mindset may help aspiring runners to believe that they are capable of doing more than they thought they could.





## TIME ISSUE

In overcoming the barrier of time, one can set aside a specific hour (or even less than an hour) of their routine for a quick run. As each day passes by, aspiring runners can adopt this habit and integrate it in their routine eventually without having to worry about the time to allot.





# AVAILABILITY OF SPACE ISSUE

In the context of the availability of space, the officials of the community should designate spaces only for running or exercises so that people can access them without the risk of accidents.





# ASTHMA ISSUE

In order to overcome the barrier of medical conditions like asthma, it is important to first get a go signal from your doctor by consulting him/her. Starting with light running exercises and being aware of the asthma triggers are some of the ways to overcome them.



# THANK YOU FOR LISTENING!

ALABANZA | MARGALLO | NACARIO | RAMOS | REGALLA

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