

Anonymous:

Healthy Habits During A Pandemic

We all know this pandemic has brought a lot of commotion and stress, with the world temporarily being shut down, as well as schools and everyone working online, stress can easily build up on people, and it can easily get to an unhealthy point. However exercise and physical activity can help relieve stress and help people stay healthy.

Running is an easy way to stay in shape. It has low contact and is very helpful for the body. At first it will hurt - A LOT. I would know. I'm a runner with injuries, but compression socks or calf sleeves will help with leg pain after intense/long runs according to experts, and once you get into the groove and get your body used to it, it will be much easier. It works on the leg muscles, so you will get stronger and faster. If you have the right shoes and gear, it also gives you better endurance as you keep running.

It can also help relieve stress, as you're cruising through the field or pounding the pavement. It can take your mind off those negative thoughts. If you're mad or sad, you can use those emotions to help you run faster and stronger and after you will feel better about yourself, physically and mentally, and if you're up to it, after your run, go tackle the work, or whatever is causing you stress however you want to. You will also get healthier over time. Also eating healthier and smaller amounts of junk food can help. I'm not saying go on a diet, but eating food in smaller amounts/proportions will also help and carb loading or eating a good amount of pasta the day before will help a lot.

If you want to get healthier then running is a great way to start. It has helped me in many ways, with my eating habits and overall strength. It has also helped me mentally

with stress and other emotions, because after I run, I always feel better about myself. So if you are feeling stressed because of this pandemic, don't give up, and go on a run to get rid of the stress and stay healthier easier.