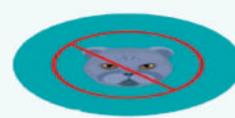
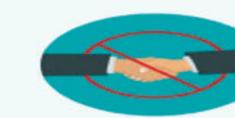


STATETIMES

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Running after COVID recovery? These precautions should not be missed

COVID-19 has certainly had a significant impact on the way people live and engage in activities such as running for fitness or marathon running. In the past year many people had cancelled or postponed their running plans due to the pandemic. Social distancing measures made it more challenging for people to train and prepare for marathon events too.

Dr Sanjukta Dutta, Emergency Medicine, Fortis Hospital, Anandapur, Kolkata, says, "If you are a runner who has been impacted by COVID-19, it is important to be mindful of your health and well-being specially during winter months. It is also important to take appropriate precautions to protect yourself from the cold, such as wearing warm and weather-appropriate clothing and staying hydrated. You should also be mindful of any health conditions that may be exacerbated by cold weather, such as asthma or hypothermia, and take steps to manage these conditions as needed." Here are some essentials to keep in mind before you start your running journey this season:

Build endurance and strength

Before you start running or training for a marathon, it is important to build a solid foundation of endurance and strength. This can be done by gradually increasing mileage and incorporating strength training and cross-training activities into your routine. Practising essential exercises to warm up prior to running and stretching exercises post the run.

Follow a training plan

It is essential to follow a training plan that is tailored to your fitness level and experience. A good training plan will gradually increase the distance and intensity of your runs to help you build up to the marathon distance.

Medical Examination before the training

"Some mandatory tests one should consider is physical examination to know general health and fitness level, as well as any existing medical conditions or injuries. One can also consider blood tests for deficiencies, lung function tests, ECG, stress tests," says Dr. Dutta.

Essential supplements



Athletes follow a healthy diet that includes a variety of nutrients, and that they may consider taking multivitamins to supplement their diet. However, it is important to note that a healthy diet alone may be sufficient to support athletic training and performance, and that the use of supplements should be carefully considered and discussed with a healthcare provider.

Maintaining BMI

Maintaining a healthy body mass index (BMI) can be important for runners, as excess weight can place additional strain on the joints and muscles and may impact performance. It is normal to experience some ups and downs during a run but try to stay positive and focus on your goals. Surround yourself with supportive friends and family and remember to enjoy the experience.

Tips to keep in mind while running

Some of these tips should be taken into consideration by the Athletes or first-time runners for keeping themselves fit and healthy:

Stay Hydrated: Stay hydrated: Dehydration can impact your performance, so it is important to drink enough fluids during the marathon. Be sure to carry a water bottle or hydration pack with you and take advantage of any water stations along the course. Sip glucose or ORS water at frequent intervals.

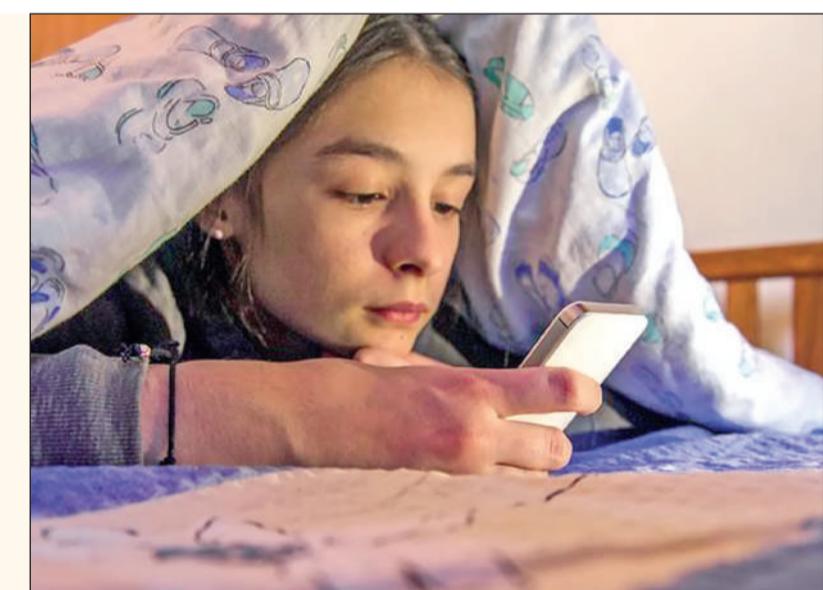
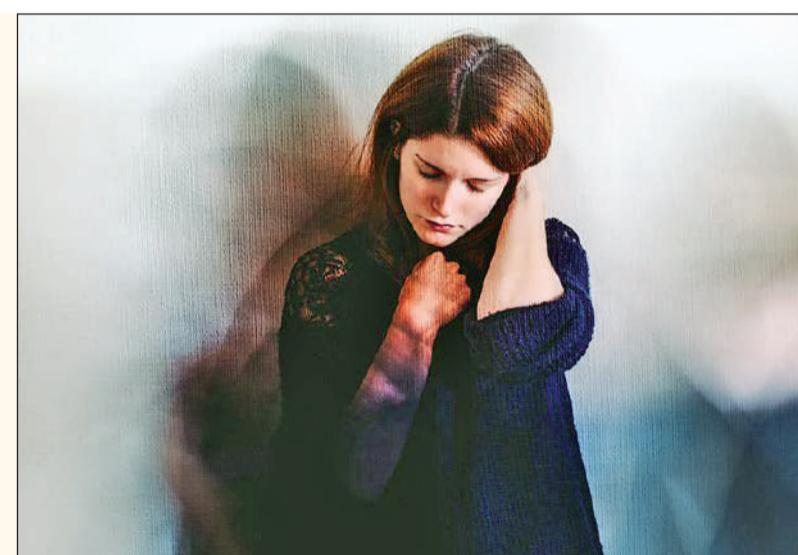
Fuel Your Body: Dr. Dutta says, "It is important to fuel the body with the right nutrients before, during, and after the marathon. Be sure to eat a well-balanced diet and consider consuming sports gels or other energy products during the race to help maintain energy levels."

Warm up before the race: Take some time to warm up before the marathon to help loosen your muscles and prepare your body for the race.

Wear the right shoes: Wearing the right shoes is essential for comfortable and successful marathon running. Be sure to choose a pair of shoes that fit well and are appropriate for the distance and terrain.

If you experience chest pain or discomfort, unusual profuse sweating, out of proportion breathlessness or uneasiness please don't push yourself and stop running. Please seek medical help and go for health checks as advised by the doctor.

Hidden symptoms of anxiety in teenage kids



- Feeling on edge
- Difficulty in focusing and concentrating
- Restlessness

Physical symptoms you may mistake for something else

A teen may also develop health issues, which include:

- Frequent headaches, including migraines
- Gastrointestinal problems
- Unexplained pains
- Extreme fatigue
- Feeling unwell with no obvious medical cause
- Changes in eating habits

How it affects their social skills

Anxiety has a way of disrupting everyday life. It may affect relationships and one's social skills as well. Some of the symptoms may include:

- Avoiding conversations and confrontation
- Steering clear of extracurricular activities
- Spending more time alone

- Living in isolation
- Sleep issues that needs attention

Teens with anxiety may also suffer from sleep problems and disturbances. The signs may involve:

- Difficulty falling asleep
- Difficulty staying asleep
- Frequent nightmares
- Feeling tired even after sleeping

How to show support to your teen?

In order to help your teenager with his or her anxiety, parents must keep communications open. Encourage kids to talk about their problems and help them overcome them with confidence and high self-esteem.

Never invalidate your child's feelings and emotions. Acknowledge their pain and uneasiness, which guides them to become better.

Do not force your child into confessing how they're feeling. Give them time, be patient. Let them open up on their own.

You should NEVER do these things at work

One needs to behave very professionally in the workplace to maintain their status and reputation. While some people project the perfect employee behaviour at the office, others are not even aware of how offensive they can get. These kinds of employees simply don't care about what others think of them, as long as they are getting their paycheck at the end of the day. This can be a very negative and toxic outlook towards one's career.

Talk angrily or dramatically on calls

The workplace isn't your place to talk about drama or talk angrily with your friends or family. Phone calls can be angry but it doesn't mean you have to subject others to listen to your dramatic calls as well.

Gossip about people in the workplace

Gossiping about your manager, coworkers and other people in the workplace is not a good idea. It only projects you as a shallow-minded person who engages in gossip to keep themselves entertained. Restrict yourself from gossiping about others.

Check your social media for hours

Quit checking your phone for hours because you should be working at your office and not wasting time scrolling through your social media feed. Unless it is part of your job, check your social media only during breaks. Focus on your work the other time.

Come to work when you're sick

If you think coming to work when you're sick shows your commitment to work, you are wrong. Stay home because bringing germs to an otherwise healthy workplace is a very bad idea. Opt for working from home.

Romantically hit on your office people

Never ever make the workplace your dating arena! Keep your dating game to non-office hours. Moreover, hitting on your coworkers in the workplace can get really awkward and weird later on, if things don't really work out.

Come to the office wasted

If you partied the night before, make sure you are feeling fresh and tidied up. It may look like you have a serious problem controlling your substances. Don't let people in the workplace find this out. Instead, be more cautious and serious about this.

