The adequate ingestion of liquids, including mineral salts and carbohydrates, can prevent a dangerous dehydration. Drinking a minimum of 1 liter of water an hour prior to a workout is basic for a good physical athletic performance. During exercise, it is important to drink water in order to make up for liquids lost through sweat.

Very important: Nutrition is the fuel that enables the human body to function properly. The type and quantity of foods we eat are a vital element of a strategic health plan, so it is important that you consult a nutritionist who will evaluate your caloric requirements, based on the activities planned by your physical education instructor. This is equally true for hydration.

The Importance of Rest
After prolonged physical activity, energy reserves are at their lowest. During a period of rest, the body regenerates and prepares itself for further activity. Through optimal rest periods, and proper nutrition, bodily functions can recover thanks to an over-compensation effect. This biological adaptation process can help us improve our fitness level and increase our quality of life.

Return to a State of Calm
At the end of each workout, it is very important that you do some relaxation, breathing, and stretching exercises so that your body will relax after an activity that has produced a certain degree of mental and physical tension. Never skip this transition between your workout and your return to everyday activity. Try to perform the stretching exercises to soft and relaxing music.

The Plan
This program was designed so that a person can gradually and progressively establish a physical training routine. It is based on interval training: jogging/running interspersed with intense walking whose objective is to lower the heart rate. No matter what the physical fitness level of the person is, if we respect certain rules, this plan will improve your physical capacities and your quality of life.

Before starting the program, you must consult your strategy with a physical education instructor and/or sports medicine doctor and, with their assistance, decide the week or level at which you must start your program.

The program establishes progressively longer running/jogging intervals and active rest periods from the very first week, when you will be jogging for 10 minutes, within a total exercise period of 28 minutes. This means that you will be jogging for 10 minutes, with 18 minutes of brisk walking.

From week to week, you will be increasing the jogging intervals and maintaining or reducing active rest intervals.

Sufficient nutrients: Nutrients are foods that, once they are chemically processed, provide the necessary energy for the proper functioning of the body. Nutrients are consumed in carbohydrates, fats and proteins, ideally in the following proportions: carbohydrates 55-70%, fat 20-30%, protein 10-15%, in the cardiac proportions adequate for the type of activity of the athlete.

Caloric requirements: The amount of calories needed in order to maintain, augment or decrease your body weight. If the daily requirement is 2,500 calories, these are the number of calories needed to maintain one’s current body weight. The caloric requirement is directly related to the type of activities and the energetic output of each individual.

Hydration: The adequate ingestion of liquids, including mineral salts and carbohydrates, can prevent a dangerous dehydration. Drinking a minimum of 1 liter of water an hour prior to a workout is basic for a good physical athletic performance. During exercise, it is important to drink water in order to make up for liquids lost through sweat.

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