

# Physical and Mental Health

## Designating Time for exercise and device free!

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### **Background That Led to Your Inquiry:**

I had just moved back to the K-4 level and was currently working 65-70 hours a week. Overall, I was extremely tired and gaining weight. Due to this, I decided to develop a plan to regain my physical and mental strength. Therefore, the purpose of my action research was to develop a diet and exercise plan to help me loose weight and to reduce my stress levels.

### **Statement of Your Wondering:**

With this purpose, I wondered can analyzing my time management throughout the week and designating certain times to exercise allow me to be a more productive leader and to strengthen my Physical & Mental Health?

### **Methods/Procedures:**

To gain insights into my wondering, I first met with our district nutritionist to obtain body measurements, discuss goals and develop an exercise plan.

Second, I developed an exercise schedule and developed an accountability partner.

Third, I researched recipes for nutritional shakes and purchased supplies.

Spent 30 min. of cardio and 15 min. of weight lifting, 3 days a week.

Update measurements each Friday for 8 weeks.

Discontinued eating or drinking past 7:00 PM on a nightly basis.

### **Stating Your Learning and Supporting it with Data:**

Learning Statement #1: Designating times = More focused work

Learning Statement #2: More exercise = better eating

Learning Statement #3: More energy = more interaction with family

### **Providing Concluding Thoughts:**

Throughout this process, I learned a lot about myself. I have learned to prioritize my time more effectively in order to better support my personal life. I learned the importance of taking time for yourself in order to be better productive with my current work load.

As I move forward, I will continue to look for ways to "unplug" in order to take care of myself. I hope to continue my diet and exercise plan to maximize my weight loss and physical and mental health. Overall, I see this project playing a huge part into the success of my principal career.

**References:**

N/A