Laugho´s virus diary 4

Hello everybody out there in your homes on this sunny but cold Tuesday – I´m missing you all soooo much. All my super colleagues, all my English and sports classes and especially my cool 2a class. Now in the third week of social distancing, losing my daily school routine, not seeing my family, friends and sports classes it makes me frightened how long this will last.

Yesterday when I watched the latest news I felt really threatened by this cruel virus – so please all of you take it serious and keep strictly to the rules. Of course it is hard because nobody knows how long this unreal scenery will go on. But I´m so glad to live in Austria because I think that our government does the right decisions, gives clear, strict rules and informs us all extremely accurate and that´s not done in all countries of the world – just look at Mr. Trump and many more.

I think that the new, stricter rules are absolutely necessary to keep the number of infected people lower. I know that this face masks don´t protect us of an infection but we protect others better, not to get infected by us. In bigger cities face masks will help not to spread so much bacterias and viruses – what is practised by Asian people since a long time. What I also hope is that people finally check how important and lifesaving the distance of 2 metres could be – and really keep to it. We should stay at home, only leave home for essential food shopping or jobs which must be done. But all youngsters are pretty firm keeping in contact with their friends by the use of electronic medias .Life without social medias, computers or smartphones is now unthinkable. You see –using the net – even me.

But today I want to put the focus on sports and how important this could be for handling this situation better. To keep our about 650 muscles active is very important for our body because a fit body supports our immune system and helps us to stay healthy. I´m sure that all of you can remember a lot of exercises we have done in the sports lessons and now it´s up to you to practice alone or connected with friends over skyping. Try to do a little bit of training every day. If the weather is fine go out in the garden and run, jump or hop around or climb on trees if possible. Do some balance training, like standing on one leg ( both sides) – close your eyes, or even bend your head backwards – check how good you are. If you train it for a longer period, you will see a lot of progress.

If you have siblings play some ball games or do some football training, you can also play hide and seek or badminton. Be creative – invent your own new games (crawling, high jumping,….)

Try to do a little bit of gymnastics – stretching exercises – for arms and shoulders the `golden 12` and we have done the yoga `greetings to the sun`-maybe you know, if not do your own style – just stay in motion and move your body. A perfect way to keep fit is dancing – celebrate your own freestyle moves and dance , dance, dance monkey…….

Well I think that´s enough of proposals how to have an active day at home – inside or outside in this sunny weather. I will also do gymnastics and a short walking tour in the afternoon.

That´s it – keep fit

 Yours Lacho☺