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Reaction Paper



One of our requirements in HK12 Cardio Fitness is running on a 3K Fun Run. I attended two 3K fun runs because I thought the first one I attended was enough. In the requirements list, it is only stated that we all should attend a 3K fun run so some of my classmates and I thought that the first fun run that we attended named Kaleidoscope: Color Fun Run which was organized by Sigma Delta Phi and UPLB Trantados was enough yet apparently we should attend another marathon which is the Makiling Challenge XIV which was organized by the UPLB Athletics Team.

Cardiovascular Fitness is defined as “the ability of your body to take in, transport and use oxygen while exercising. Cardiovascular fitness is the result of your your heart, lungs, muscles and blood working together in concert while you exercise.” Running and walking are perfect examples of a cardio exercise. Both are popular types of cardiovascular or aerobic exercise. When you run, you place relatively extreme stresses on your body that promote more calorie and weight loss than other aerobic activities. I must admit that I did not run throughout the marathon because of my fitness level, so what I did basically were just running and walking. I mostly walked when the road was going uphill, but I ran when the road was downhill or normal. I finished in less than an hour which is a okay for me considering my fitness level.