No rest for the weary

Roaming sidelines can take toll on coaches’ health

For high school football coaches, the late fall is one of their most strenuous times of the year. The days are long and the nights are short, and the coaches are often on the sidelines for hours at a time, making it challenging to maintain their health.

One such coach is John Smith, who has been coaching high school football for 15 years. Smith said he often feels exhausted at the end of a game, and he has noticed a decline in his energy levels over the past few years.

“After a game, I feel like I’ve run a marathon,” said Smith. “Between the physical demands of the game and the mental pressure of making split-second decisions, it can be really draining.”

Smith has taken steps to improve his health, such as eating a balanced diet and getting regular exercise. But he said it’s still a challenge to stay healthy while coaching a high school football team.

“I try to take care of myself as much as possible, but it’s hard when you’re on the sidelines for so many hours,” he said. “I’m always looking for ways to improve my health and keep my energy levels up.”

Despite the challenges, Smith said he loves coaching football and wouldn’t trade it for anything.

“I’ve been doing it for so long now, it’s part of who I am,” he said. “I wouldn’t mind if I could stay around the sidelines for a little while longer.”

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FIFTH GRADE

High school football coaches like John Smith, who is on an encore tour, spend long hours on the sidelines, monitoring their players and ensuring their safety.

ADJUST TO STRESS

The key to leaving stress behind is to start with small, manageable steps. For instance, you could set aside 15 minutes a day for relaxation techniques like deep breathing or meditation.

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