CAT 4 RESOURCE DEVELOPMENT

Group 04-99

WEALTH IS HEALTH

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ABSTRACT

Wealth is Health is an informative, user friendly and interactive application that creates a platform for HCI students to learn about how to practice healthy living through exercising, and eating a balanced diet so as improve one's well-being.This application contains a website with extensive information on different exercises as well as what consists of a balanced and healthy diet. Also, there is a comprehensive guide of the type of exercise routine and the different proportions of food one should consume. The app also contains a foot step tracker, food calorie calculator, and exercise calculator, with all this functions we are able to closely track the health of the users and make sure that they stay on track to having a healthy lifestyle. Due to our technologically advanced society, many students own a smartphone and thus they will have easy access to the application online.

1 Introduction

1.1 Rationale

It was found that many students of our age did not know how to live healthily. They did not keep to balanced diets or exercised regularly. This could be seen in their poor habits of eating unhealthy food and a lack of exercise. Even if they had exercised regularly, we found that they did not practice the correct exercise techniques, which could have stood

as an obstacle to their growth and in worse cases, potentially risking serious physical injury. Students also did not take enough care of themselves, as they did not realise the importance of having enough sleep and rest.

1.2 Objectives

The objective of Wealth is Health was to promote healthy living among students through educating them about the importance of adequate sleep, a healthy diet and exercising right.

1.3 Target Audience

The target audience was Hwa Chong students from sec 1 to sec 4.

1.4 Resources

The resource created for this project was an application and a website providing information on healthy living. The website consisted of information on the adviced sleep habits, diets, and the recommended exercise sets or methods for students who wanted to strengthen respective areas of their physique. We also included workout routines and exercise tutorials which students could refer to. The application consisted of a few different functions including a food diary to track their daily calorie intake, an automatic foot step tracker to measure the number of steps they took a day, and an exercise calculator to calculate the amount of calories burnt from exercise workouts. A BMR calculator was also included to inform users of the amount of calories they needed to burn per day to sustain their body weight. New Exercise routines and workout tutorials were also included in the application. The application also contained information of recommended exercise sets, and included the link to our website for easy access.
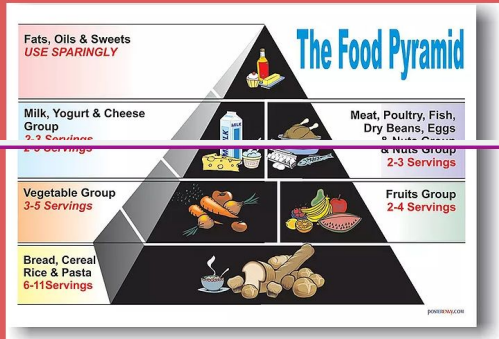
THE IDEAL HWA CHONG HEALTHY LIFESTYLE

SLEEPING HOURS

It is recommended that Hwa Chong Students obtain 7-8 hours of sleep daily. Students should aim to sleep by 10.30pm and wake up at 6am.

VIEW MORE

DIET

Hwa Chong Students should aim for a balanced diet of 2 servings of fruit and vegetable per day, along with ample meat and carbohydrates.
Sample -
Breakfast - Oatmeals/Bread with milk
Lunch - Rice, Vegetables and Chicken and fruit
Dinner - Rice, Vegetable, fish and fruit
VIEW MORE

The Food Pyramid

Fats, Oils & Sweets
USE SPARINGLY

Milk, Yogurt & Cheese Group
2-3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 Servings

Vegetable Group
3-5 Servings

Fruits Group
2-4 Servings

Bread, Cereal Rice & Pasta
6-11Servings

Exercise

Students should aim for at least three sessions of 45-60mins of exercise per week - consisting of either weights training, running or swimming.

-components of our Wealth is Health website

Wealth Is Health

About Us

Fitness

Video

Pocket Tools

Wealth Is Heal...

Health Is Weal...

Exercise Calc...

- Components of our Application

2. REVIEW

There were existing websites which provided the same information we did, but not so much in depth and rather messy as they were scattered among many different websites, making it difficult for students to easily have access to all the information at once. They contained much information and elaboration, but were unappealing as steps and tips were mentioned with words and not vividly demonstrated in any tutorial videos provided. Many of these websites, the exercise ones for example, were also targeted at working adults and people of a physically mature age, and less was provided on what a younger student or teenager can do.
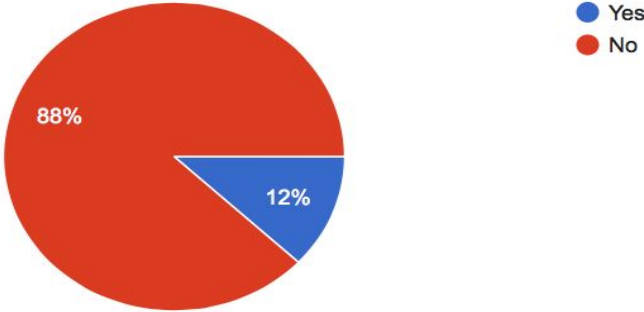
3. METHODOLOGY

3.1 Needs Analysis

In a fast paced and high stress environment such as the one in Hwa Chong and in Singapore in general, our project was especially relevant and necessary. Teaching how to practice healthy living gave students the chance to learn about the importance of health risks, as supported by theodysseyonline.com. Singapore had the second-highest overweight prevalence in the Association of Southeast Asian Nations (ASEAN) – at 32.8 per cent, according to 2014 age-standardised adjusted estimate by the World Health Organization (WHO). Four in 10 people, or 44 per cent, lacked sleep on weekdays, according to a study by SingHealth Polyclinics. According to Dr Tan Ee Ju, "Students may develop poor sleep habits because of school work, exam preparation and the Internet, and take these habits into their adult life," It was evident that if such a trend continued, Singapore would have an extremely unhealthy population and if Hwa Chong students were to be leaders of the next generation and take care of Singaporean's in the future, we could not afford to have them lack the knowledge on how to live healthily and take care of themselves.
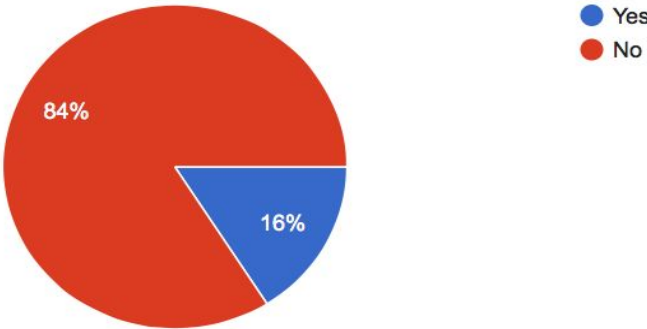
3.2 Survey Results

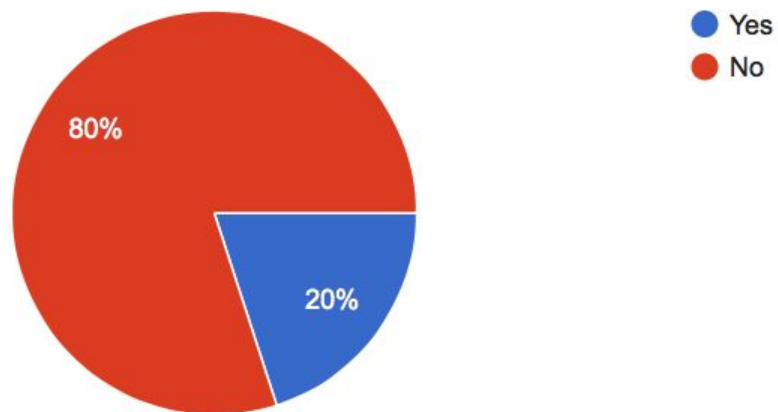## Do you know what is healthy living?

25 responses

- Yes
- No

88%
12%

Do you think you practice healthy living?

25 responses

- Yes
- No

84%
16%

Do you know what it means to have a balanced diet?

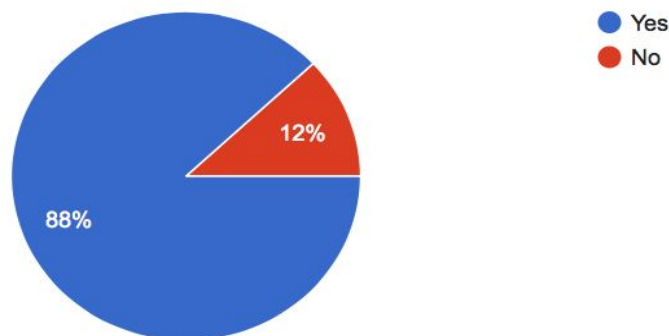25 responses

Legend:
- Yes (blue)
- No (red)

80%

20%

Do you think healthy living is important?

25 responses

- Yes
- No

96%

Would you like to know more about healthy living?

25 responses

- Yes
- No

12%

88%

3.3 Development of resources

We gathered relevant information on dieting, exercising and sleeping from multiple health-related sites on the internet and compiled it together, then combining it on our website with images that added onto the visual appeal to help viewers better absorb the information and thereby increase the likelihood of them understanding and applying these habits to their lives. As for the application, it included a myriad of different functions to aid students in achieving a healthier lifestyle. These functions included a food diary where students could note down the food they ate everyday and use it to track their daily calorie intake, an automatic foot step tracker to measure the number of
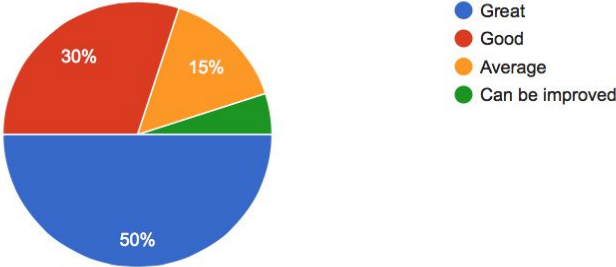
steps they took a day, and an exercise calculator which could be used to calculate the amount of calories burnt from exercise workouts the students participated in. The application also contained information on recommended exercise sets, and included the link to our website for easy access. For anyone confused with what the right set for him was, one could simply whip out their phones and access our website through the app, making things so convenient and effective. Upon completion, we allowed students to try out our application and website and collected their feedback on how to improve our resources.

3.4 Pilot Test

For our pilot test, we presented our resources to a group of 20 Hwa Chong students and educated them on ways to live healthily. After that, we allowed them to explore our website and read up on the information available. In addition, we let participants test out the prototype of our application. At the end of the session, we had the participants fill up a form on user satisfaction as well as give feedback on how we could improve the website and application so as to make further adjustments to better suit the HCI population.
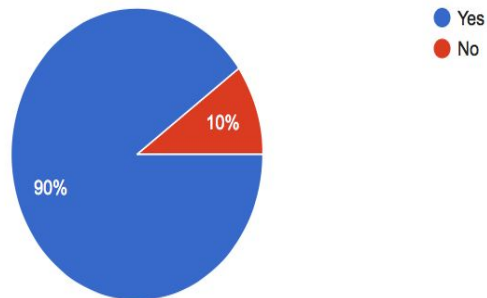

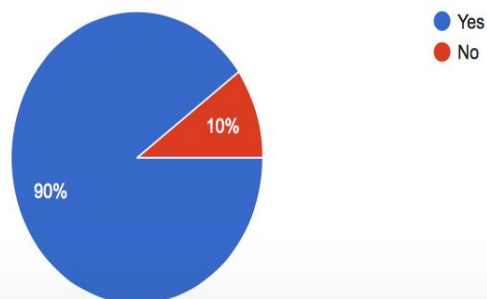How would you rate our website?
20 responses

Great
Good
Average
Can be improved

Did you learn something new?

20 responses

- Yes
- No

10%

90%

Did you find our application useful?

20 responses

- Yes
- No

10%

90%

Out of the 20 HCI students that we have interviewed, 80% of them rated our website good and above while 20% of them thought that our website was average and below, thus there is still room for improvement. Also 90% of the surveyees agreed that they have learnt something new and the same amount of them also claimed that our application is useful.

How can we improve our website/application?

20 responses

NIL (2)

The website can be more comprehensive and detailed

more creative design to appeal to the public

besides food, sleeping, and exercising, the website can include other activities such as work life balance between studies and these activities

more features

more information and details on a healthy lifestyle

Features are not effective enough, the website lack information

more videos and pictures please

app design can be better

application can be made easier to use

more tutorial videos for website can be given

app can be better improved

calorie calculator can be more specific

can insert more info on the website!

the information on the website could be made easier to understand

website design might make information difficult to to read

website font is poor

app can be more organised

None

The same 20 students also gave us suggestions on how to make improvements to our website and application. Most of the comments show that we have to work on the design of our application and that we need more pictures and videos to give a better visual experience. Also, many claim that the information that we had put up could be further improved by giving better explanations so as to make their understanding of the rationale of some of the information clearer.

4. OUTCOME AND DISCUSSION

4.1 Final outcome of project

We received various feedback after we pilot-tested the drafted version of our application. While generally positive, it was suggested that the website could provide more detailed information and the application better designed. We then accordingly made improvements to the design of the app and the depth of our website.

Our finalised website and app aimed to serve as a convenient means of allowing students to access the information whenever they feel necessary. Many students already had smartphones and this made it even easier for them to use the application whenever and whenever.

4.2 Limitations of project

After all, our project and the resources that we had put out could only go so far as to provide students with all the information they needed to live a healthy lifestyle. At the end of the day, it was still up to the students to stay motivated and disciplined to keep to a healthy diet, get sufficient sleep, and exercise enough to maintain their health. The limitation of our project laid in the fact that we merely provided a platform where information relevant to living a healthy lifestyle could be easily accessed and compiled neatly but we could never force anyone to follow strictly with our research. Hence, without the students' personal dedication and commitment, our project could not bear fruit.

4.3 Further suggestions

Instead of simply providing resources for students, we could instead create a slightly more interactive platform by bringing the information directly to them through the means of an educational talk or speech. We could also reach out to renowned professionals such as professors, sports scientists, or even famous athletes to endorse our project so

that our project will receive validation and hence be more recognized, perhaps reaching a larger audience.

5. CONCLUSION

Wealth is Health had been a tough project to undertake as it really made us squeeze out every idea we could think of to come up with 2 resources, especially the app, which were both useful and appealing to students. It was both a strenuous and time consuming effort, as we had faced problems trying to meet up to complete the project. This project was not possible without the many skills we learnt in the process as well, be it from our time management as a team, to our creativity in designing an attractive app, or to the critical thinking skills in making the application and providing the correct and relevant information. Cooperation and perseverance also helped us through the last parts of the project and ensured that our project was a successful one. Of course, we also built an even stronger sense of chemistry and understanding between us teammates, and we fervently hope that our project will continue to help even more students in discovering their ideal healthy lifestyle in future.

6. REFERENCES

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