

Heal-thy Living

#4-064

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1. Introduction

1.1 Rationale and Background

We noticed that there has been an increased rate of obesity in recent years. Our research shows that the global rate of overweight individuals has increased from 10.3% to 18.4% in 2018. This may be due to various reasons and our group thinks that the main reason is the lack of exercise. In HCI, we have also witnessed that a large number of students do not take up any sports and do not exercise regularly. Our friends usually stay in class during recess or lunch break, they also come up with different excuses to not participate in Physical Education classes. We think that this is a very unhealthy way of living. There are also people in our class that are severely overweight and cannot complete simple exercises. Hence, we created this group so as to encourage healthy living in HCI, mainly through sports. At the same time, we would also like to develop the love for sports in students.

1.2 Objectives

The objectives of this project are to

1. Encourage healthy living in Hwa Chong, mainly through sports
 - By educating them on the harmful effects of not living a healthy life and the benefits of sports
2. Cultivate a sense of love for sports, to act as a healthy balance to academic studies
 - By educating them on the benefits that sports can bring to them.

1.3 Target Audience

1. Hwa Chong High School students
 - They are relatively more accessible to us
 - Resource packages on healthy living is not really accessible in High School and we can change that through our project

1.4 Resources

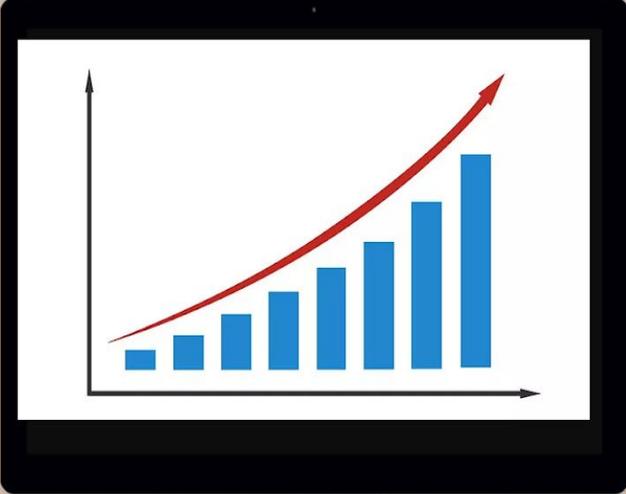
The resources created for the resource package includes a website created by Wix (Website designer app) and a few posters

1.41 Website

Link :<https://prjhealthyliving.wixsite.com/mysite>

- Our website contains different kinds of information, classified in a clear and concise manner
- Our main aim of the website is to educate students on how to lead a healthy lifestyle and why it is important to do so.
- To do this, our website includes:
 - Benefits of living healthily
 - Why one should be concerned about living healthily
 - How to live healthily

Why should we be concerned about living healthily?



Shifting Demography has caused **unhealthy** lifestyles to be a **MORE COMMON** phenomenon as of today.

Show More ▾

Benefits of leading a healthy lifestyle

#1



Enhanced sleep and Increased energy levels

- Having **adequate** sleep is part of a healthy lifestyle.
- Which can be improved with:

-Healthy eating

-Regular exercise

- With sufficient and improved sleep,

#2



Exercise **Frequently**

Regular exercise also plays a **similarly important** in ensuring **GOOD HEALTH**

and maintaining one's **physical and mental** well-being.

- Exercising frequently ensures that our body is

physically fit.

Why we should be **concerned** about **LIVING HEALTHILY**

#1

INCREASING trends of
POOR Work-life Balance



- Increasing number of people are expressing that they allocate far too much time on their **work and studies**.
- This indicates that they have a poor work life balance, spending

#2



Drinking sufficient *water* everyday

It is also **Important** for us to consume sufficient amounts of fluid on a day to day basis.

- Having proper fluid intake enables our body to

1.42 Posters

- Our posters aims to encourage healthy living in Hwa Chong by educating them on the benefits of living healthily
- We also want to cultivate a sense of love for sports in students

Below are our posters



Why we should be concerned about living healthily

Poor work-life balance

- 15,136 people were surveyed for the UK Working Lives Survey, three in five (60%) say they work longer hours than they want and one in four (24%) say they overwork by ten or more hours a week.
- This led to higher risks of depression, anxiety and chronic diseases

Obesity

- In the US, according to data released Thursday by the Centers for Disease Control and Prevention, the obesity rate reached 42.4% in 2017-2018 – surpassing 40% for the first time
- This has led to increased risk in developing many potentially serious health conditions, like heart diseases and stroke

How do you exercise if you are time constrained

- Get into some vigorous sweeping, mopping, or vacuuming
- Get up 15 to 30 minutes earlier than the rest of the family and use this time for a run, a walk, or some stretching and yoga
- If your house is within walking distance, choose walking instead of taking transportation

HEAL-THY PRESENTS



WHAT HAPPENS IF WE DO NOT LIVE HEALTHILY?

- YOU WILL NOT SLEEP WELL
- YOU WILL FEEL MORE STRESSED, WHICH MAY LEAD TO BAD TEMPER OR DEPRESSION
- YOU GET WINDED EASILY

IN WORST CASE SCENARIO...

- YOUR BONES WEAKEN
- AND YOU GET INJURED EASILY

HEAL-THY PRESENTS



How can we live A healthy lifestyle

- 1 rest well**
Sleep at least 7 hours a day so to have sufficient rest
- 2 Eat**
Consume more vegetables to have a healthy digestive system
- 3 Get some fresh air**
Go to parks for walks frequently
- 4 Exercise**
Exercise frequently to be physically fit
- 5 Fruits**
Consume more fruits so to obtain Vitamins
- 6 Water**
Drink enough water each day so our body can function well

2. Literature Review

- There are not enough resources that give adequate information to help people in Hwa Chong live a healthy lifestyle.
- Most of the other websites are very wordy and there is insufficient parting of message through visual stimulus in other websites. Most of these resources are also found online and people would not search for them. So our resource package would include posters that will have the QR code of our website on it so that people can have access to our resources easily.

3. Methodology

3.1 Needs Analysis

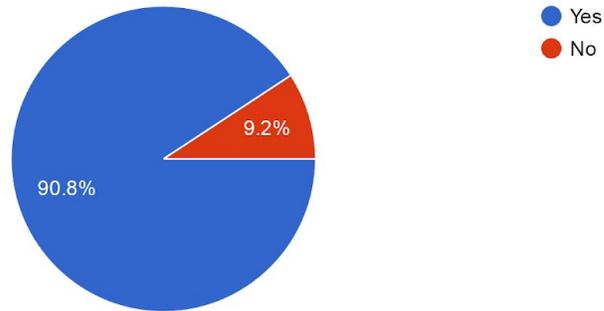
Before we started on this project, we conducted a needs analysis to assure the need of our project. The needs analysis also provided us with a better understanding of students' thoughts and opinions. A large number of students thought that the amount of knowledge regarding healthy living is limited and thus our project is need

3.2 Survey Results

Below is our needs analysis results

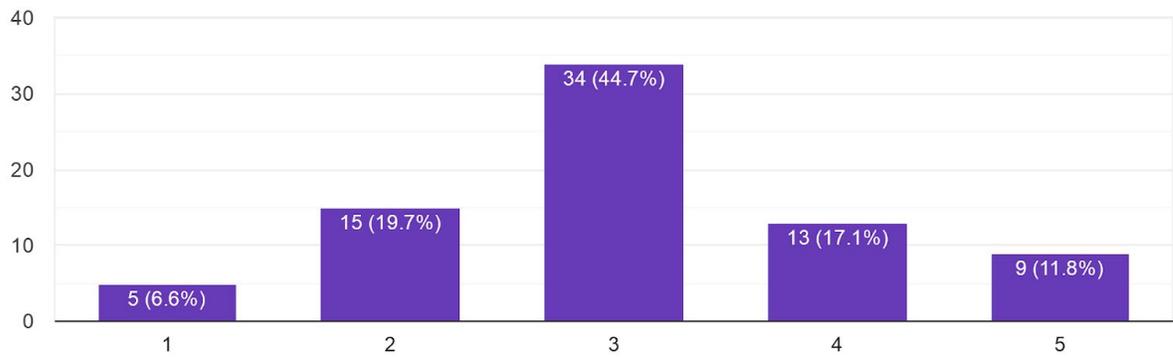
Do you think living healthily is important

76 responses



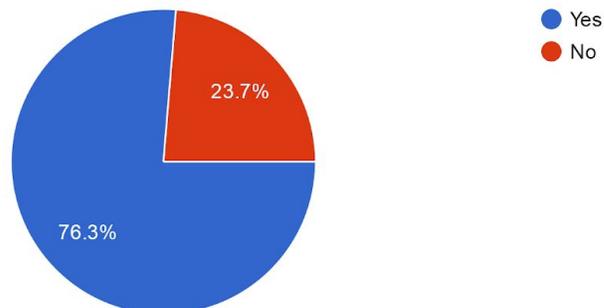
Rate how healthy you think u are living right now(

76 responses



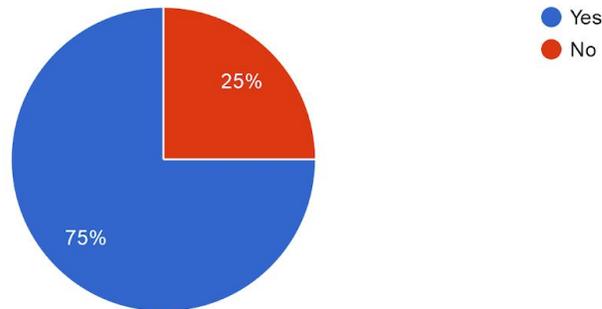
Do you think you would need to know how to live healthily

76 responses



Do you think that a resource package would help (eg. Board Game, Instagram page, brochures, posters)

76 responses



3.3 Development of Resources

- Our group created several products to ensure the success of our project
- Firstly, we created multiple posters that will help people understand the importance of healthy living so as to encourage them to live healthily. These posters include multiple pictures that can teach them how to live healthily by doing some exercises. These posters are also in point form so that it will not be too wordy for anyone to read. We did the softcopy of these posters on Canva and printed it out. Then we laminated the posters so that it will not be damaged easily.
- Secondly, we also created a website that helps encourage people to live healthily. Our website is less wordy when compared to other websites. However, the information on our website is still very clear. The language used is also simpler so that most of the students can understand it. There are also pictures that can teach students how to live healthily, the pros of living healthily and the cons of not having a healthy lifestyle. We created a website using WIX. On the website, different information about living healthily are classified concisely so that users have an easier time when using the website.

3.4 Pilot Test

We conducted our pilot test among students from Hwa Chong Institution. Due to the virus outbreak, we had to bring our pilot tests online. We sent the students our products through Whatsapp and email. We then had them to complete a survey for us after they looked through our product.

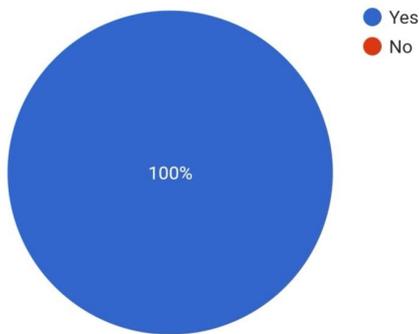
After the first pilot test, we conducted another pilot test through online platform Discord, we met with the student online and asked them a few questions after they had looked through our products. Most of the responses were positive, however some of the feedback on what could be improved include:

- Posters could be designed in a way that it appeals to more people (by including more pictures and different colours)
- Website could include more pictures

Some of the results and feedback we received from the pilot test are as shown below

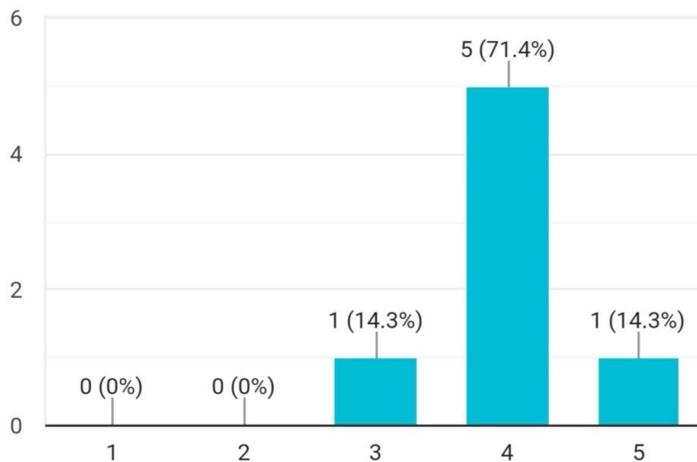
have you learnt something about living healthily after this

7 responses



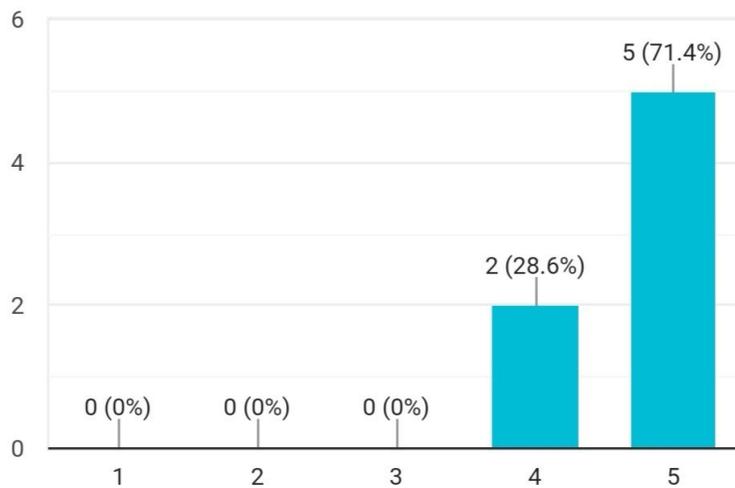
rate our posters

7 responses



rate our website

7 responses



how can we improve

7 responses

add more pictures to the posters

i think it is very good

nothing

add more pictures to your resource package please

the posters can be more appealing

posters more pictures

3.5 Timeline

- In January, we formed our project group and found our mentor
- In February, we decided to research on our topic(healthy living)

- In March, we conducted a needs analysis to affirm the need of our project and developed our slides
- In April, we started the development of our resource package and consulted our mentor
- In May we continued to develop our resources (60% of our resources completed)
- In June, we completed our resource package and did our first pilot test. We collected feedback through our pilot test and improved our resources based on the feedback we received.
- In July, we conducted another pilot test for our improved products. We once again got feedback and improved our project through the pilot test.
- In August, we finished up the written report and completed the final evaluation slides.

4. Outcome and Discussion

- During the pilot test, the students were very cooperative and enthusiastic. They provided their views on how the project can be improved further. We also changed our project accordingly, we included extra information such as what to do when one does not have the time to exercise. This is because in Hwa Chong, students put great emphasis on their studies, they put in a lot of effort and time to achieve good grades and usually lack the time to exercise. However, this may not have a big impact on the community.

5. Conclusion

- In conclusion, although our project does meet some adversities, we are able to solve the problems in a systematic way.
- For example, we had to add new information and conduct a needs analysis on whether the new information was needed after we received the feedback from the first pilot test. This had an impact as we needed to do research and add new information to our products. Nevertheless, we are able to overcome this as our objective is still to help Hwa Chong students have a healthy lifestyle.
- We cannot conclude whether our project is successful as a healthy lifestyle is a habit and needs to be developed with time. However, we can see that some people in our class have been living healthily and some of the students that came for our pilot test had told us that they were leading a healthy lifestyle. Although we have not achieved our target, which is to have all High School students in HCI live healthily, we believe that this is a good start.

6. References

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