

Category 4 Resource Development

Project Work Written Report

**Group 4-074**

**Project Vivant**

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## **Abstract**

Project Vivant is a project that aims to help Secondary 1 and 2 Hwa Chong Institution students, aged 13-14 to lead a healthy lifestyle. Our resources can help students in various ways through our website, Instagram page, spotify playlist and posters. We will also educate students about eating healthily, maintaining balanced diets and exercising. We will also inform students of the impacts of being unhealthy, and how they can avoid such consequences.

### **1. Introduction**

We are a Sec 2 resource development project work group based on the theme of healthy living. Why did we choose to do this? We started off this project believing that all of us did not have enough rest, not enough energy to do and carry out daily activities, or even focus at times in class. We felt that not only us were facing these few problems, there were many others out there who were too facing this problem. Therefore, through our Project Vivant, which represents the meaning of life, we hope to achieve and help others by educating them how to properly lead a healthier lifestyle. We would be providing information through our own workout routines and online resources. We would provide students with nutrition and different food recipes. We hope that we will be able to help people, to eat, exercise and in general, lead a healthier lifestyle.

## **1.1 Rationale**

It is very important to lead a healthy lifestyle and keep fit. Healthy living is about living life with happiness and to your fullest, with all the best ways through exercising, proper diets, and proper health routines. We hope that we can promote a healthy lifestyle through our good exercise plans, food recipes, food suggestions, posters, music playlists and social media pages. A healthy lifestyle has both short and long term health benefits. For example, having a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases accordingly . A healthy diet will also benefit your teeth, and the powerful antioxidants will keep your skin hydrated and youthful. A diet rich in minerals and vitamins will prevent sugar spikes, which will positively affect your mood and keep your stress levels low.

## **1.2 Objectives**

Project Vivant is a project that aims to help Secondary 1 and 2 Hwa Chong Institution students, aged 13-14 that want to lead a healthy lifestyle. We can help students through our resources such as our website, Instagram page and posters. We will educate students about eating healthily, balanced diets and exercising and the impacts of being unhealthy, and how to become healthier.

## **1.3 Target Audience**

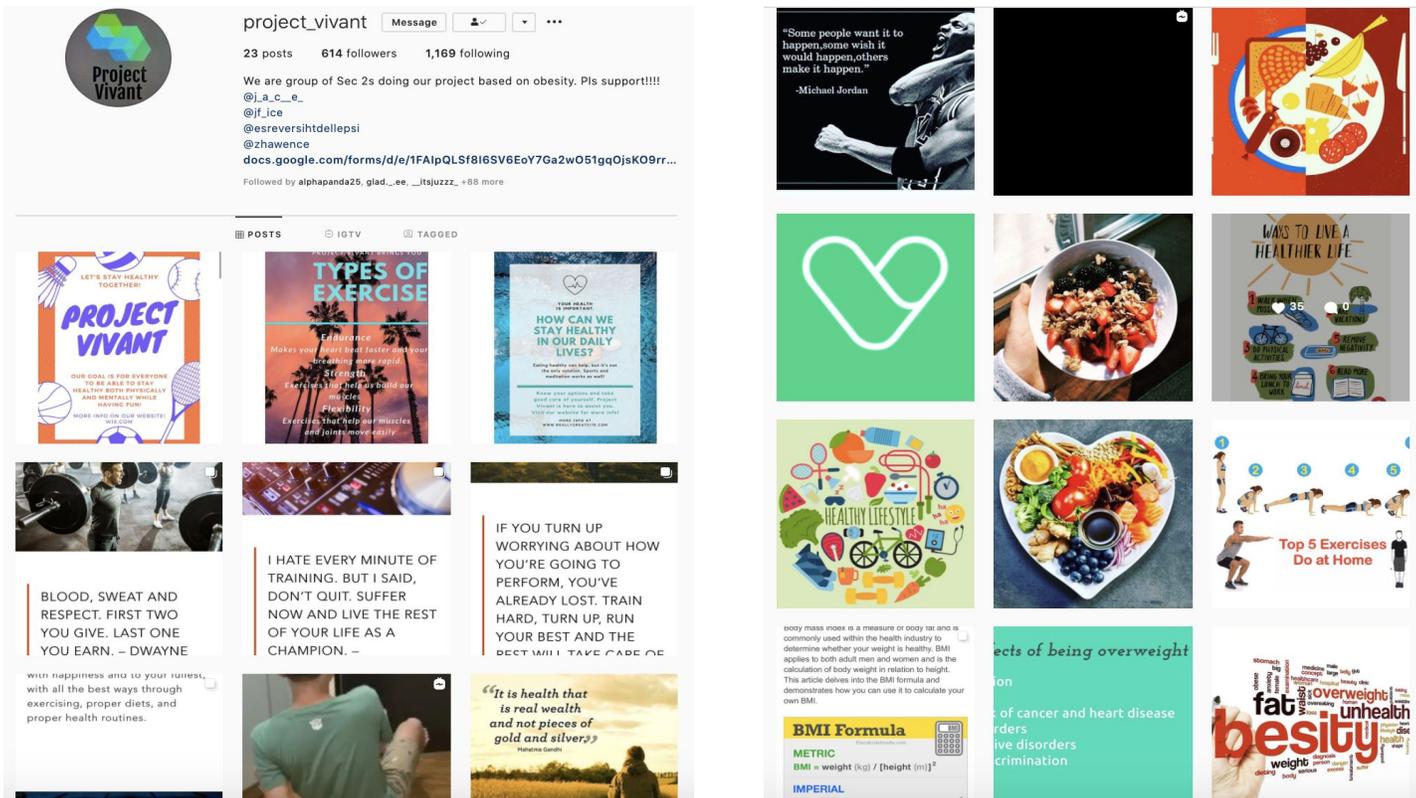
Secondary 1 and 2 Hwa Chong students aged 13-14, who want to lead a healthy lifestyle and keep fit.

## 1.4 Resources

We have a range of resources, including websites that are packed with information on healthy living, an instagram page and even spotify playlists.

### 1. Instagram page

Website: [https://www.instagram.com/project\\_vivant/](https://www.instagram.com/project_vivant/)



We post on our Instagram page regularly to give fresh tips to our target audience. Our Instagram page has the following feature:

- Exercise videos that are easy to follow and do not require much space
- Posters that promote the awareness of healthy living.

## 2. Website

<https://projectvivant.wixsite.com/livehealthily>

- We have a home page, where they also show the top few posts of our blog. It gives us much information about things like leading a healthy lifestyle, what is exercise or what are the benefits of it, even maybe about the reason and benefits of healthy eating.



### Benefits of exercise

There are many benefits of exercise such as, weight loss, gaining stamina, strength and speed, most importantly, to keep yourself fit and...



### What is exercise?

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. IF YOU TURN UP WORRYING ABOUT...



### Healthy Living

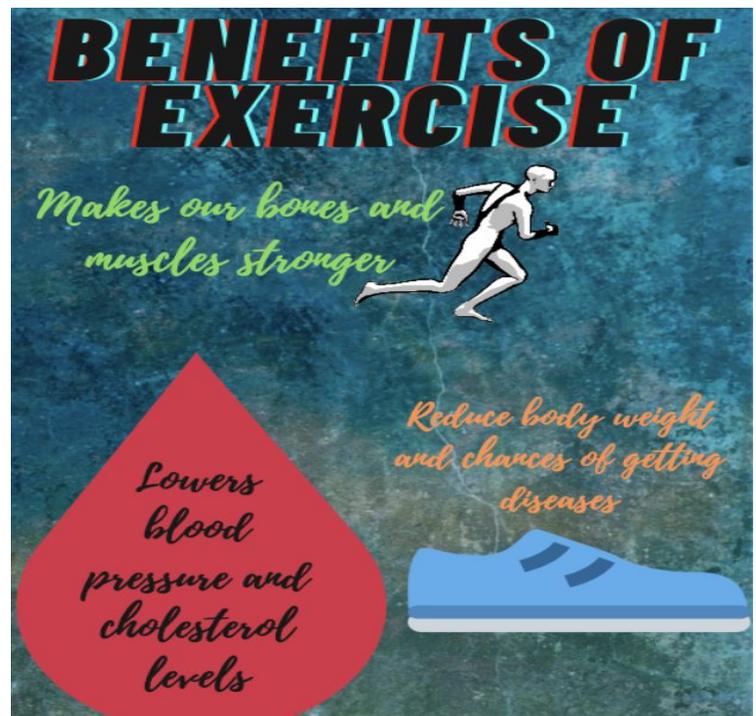
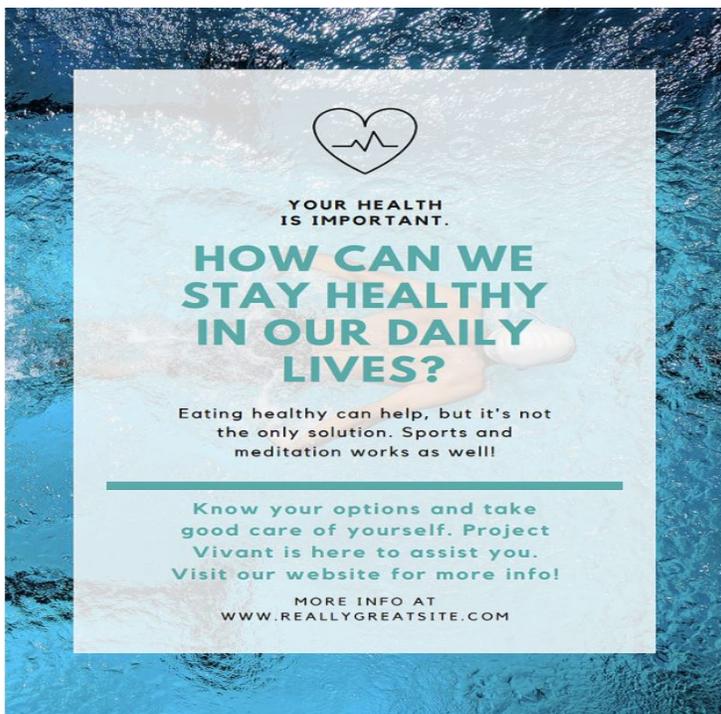
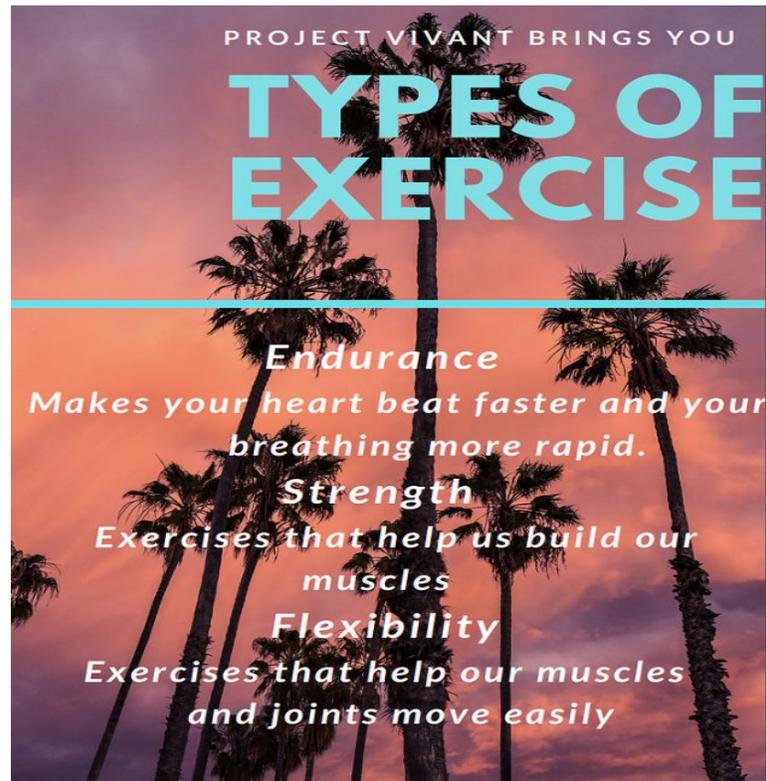
Healthy living is about living life with happiness and to your fullest, with all the best ways through exercising, proper diets, and prop...



### 5 great side effects of exercising with music

I HATE EVERY MINUTE OF TRAINING. BUT I SAID, DON'T QUIT. SUFFER NOW AND LIVE THE REST OF YOUR LIFE AS A CHAMPION. – MOHAMMAD ALI...

- There will be posters, recipes and recommended food for a healthy diet.



- There will also be videos to help people keep fit. We also have videos including us exercising which is more towards home-based exercises during the Circuit Breaker period.



- We also have some videos that are found from online resources that will be able to help us, as students to gain muscle and improve our stamina as well. These videos that we made and have chosen are mainly all focused and are suitable for students to use.

Workouts for muscle



Search video...



Next →

Exercise for stamina



Search video...



Next →

- This part includes the food recipes and good food recommendations. For the food recipes, we were lucky enough to have easy-to-follow, yet healthy recipes from home cook Mdm Maria Lau and were able to share these recipes for others to try.

Egg roll  
 Ingredients:  
 - 3 eggs  
 - 3 tsp sugar  
 - 1 tsp light soy sauce  
 (Seasoning to be adjusted according to individual preferences. More light soy sauce if you like it savoury. More sugar if you cooking the Japanese tamago)  
 • Heat up a tamagoyaki frying pan.  
 • Coat the pan thinly with oil. Spread the oil with a kitchen paper towel.  
 - Pour sufficient amount of egg batter to cover the pan.  
 - Start rolling when the base is cooked sufficiently.  
 • Cover the pan with more egg batter and roll when the base is cooked.  
 - Repeat till you're done with all the egg batter.  
 Shape the egg roll in a bamboo roll.  
 - Slice and it's ready to be served.  
 (To make it a healthier dish, we have reduced the amount of sugar used, to make it equivalent and have the same taste as before.)



- We have also recommended healthy and yet good food from our local canteens and gave them suggested dishes to choose to eat so as to lead a healthier lifestyle.

## Healthier canteen food choices

**Healthier stalls:** Economical Rice (Purple and Green plate), Noodles Stall(s)

### Economical Rice

#### Purple Plate

Review: This economical rice stall has a variety of dishes, from braised chicken to different vegetables. They mainly sell many healthy dishes that will be able to enable us to lead a healthy lifestyle through a balanced diet.

Suggested dishes: 2 vegetables (Cabbage/Beansprout and Egg/Tofu) and 1 meat (Chicken or beef). This will enable us to have sufficient protein with enough carbs from the rice to enable us to lead a healthy lifestyle with a balanced diet. (590 calories)

#### Green Plate

Review: This economical rice stall has quite a variety of dishes from vegetables to meat, but it has much more of fried food as compared to the purple plate stall, which is considered to be more healthy than this. However, there are still certain dishes that we can eat to maintain a healthy lifestyle and a balanced meal.

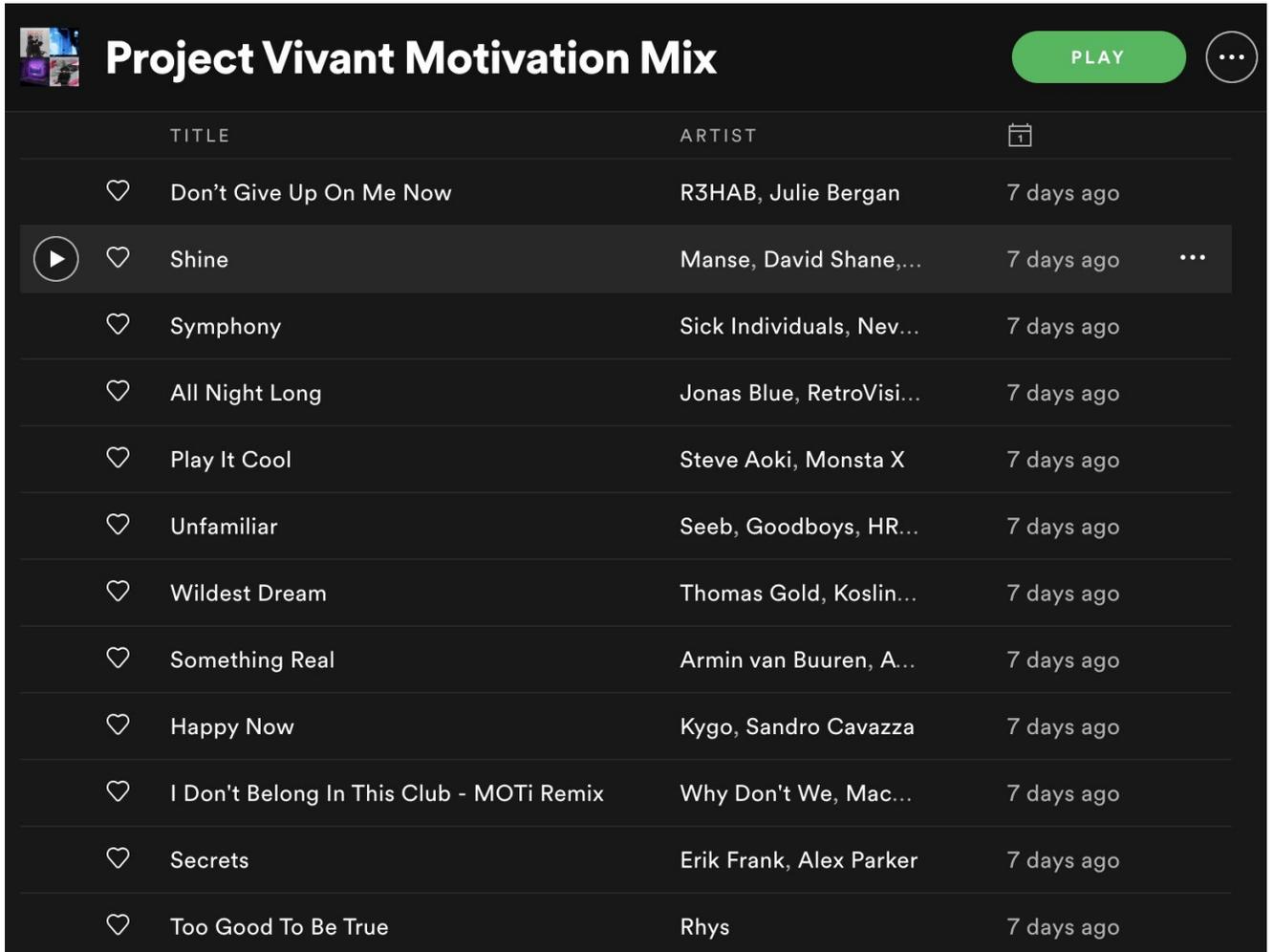
Suggested dishes: Rice with dishes like 2 vegetables (Cabbage/Spinach and Braised mixed vegetables with tofu) and 1 meat (Braised beef). As a group, we feel that this is the best combination of food that will give us yet enough protein and energy without overeating and able to lead a healthy lifestyle and a balanced diet. (610 calories)

#### Noodle Stall

Review: This stall has many different dishes that we can choose from and they are mainly healthy due to less fried food and more of carbs, protein like vegetables and meat, like meatballs.

### 3. Spotify playlists

We also had a Spotify playlist created for our target group. This was to enable them to use it when in times of exercise to motivate them.

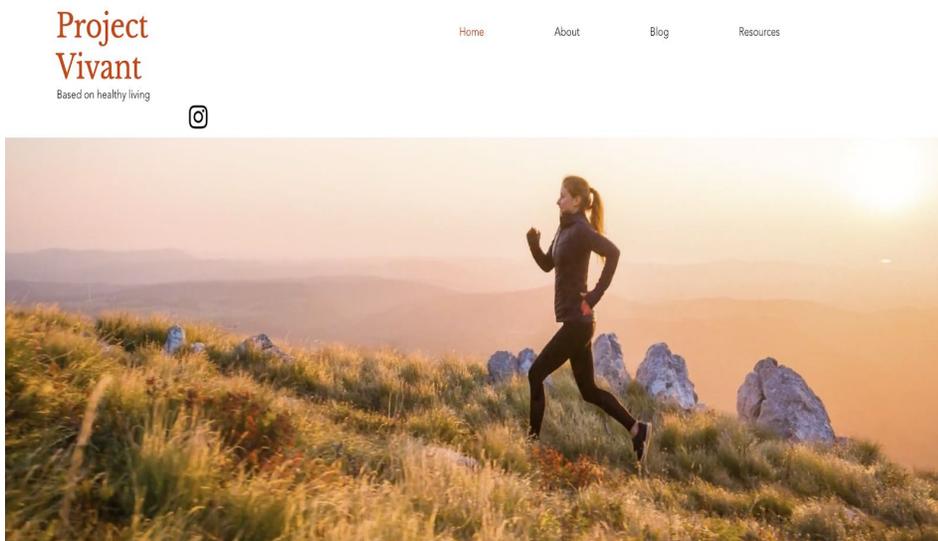
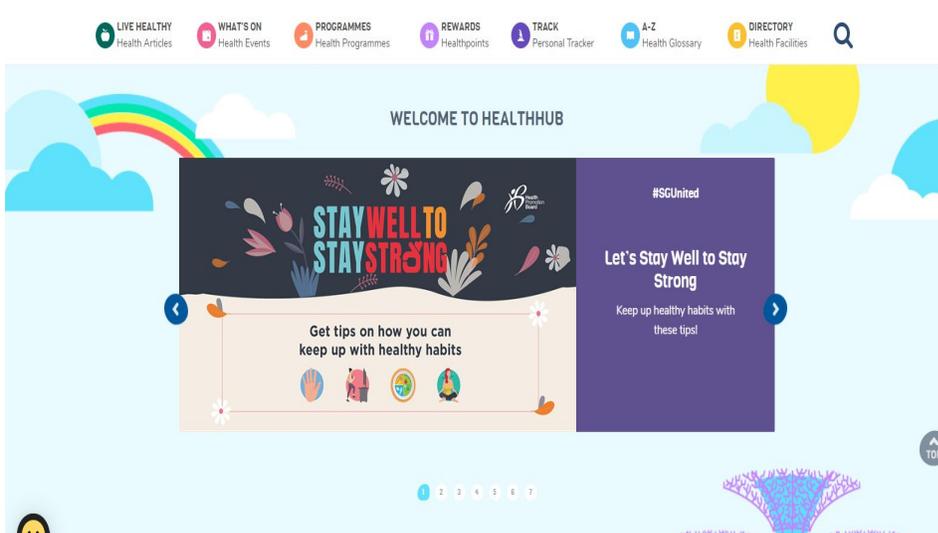


The image shows a screenshot of a Spotify playlist interface. At the top, the playlist is titled "Project Vivant Motivation Mix" in white text on a dark background. To the right of the title is a green "PLAY" button and a three-dot menu icon. Below the title is a table of tracks. Each track row includes a heart icon for liking, the track title, the artist name, and the time it was added (all "7 days ago"). The track "Shine" is currently selected, indicated by a play button icon on the left and a three-dot menu on the right.

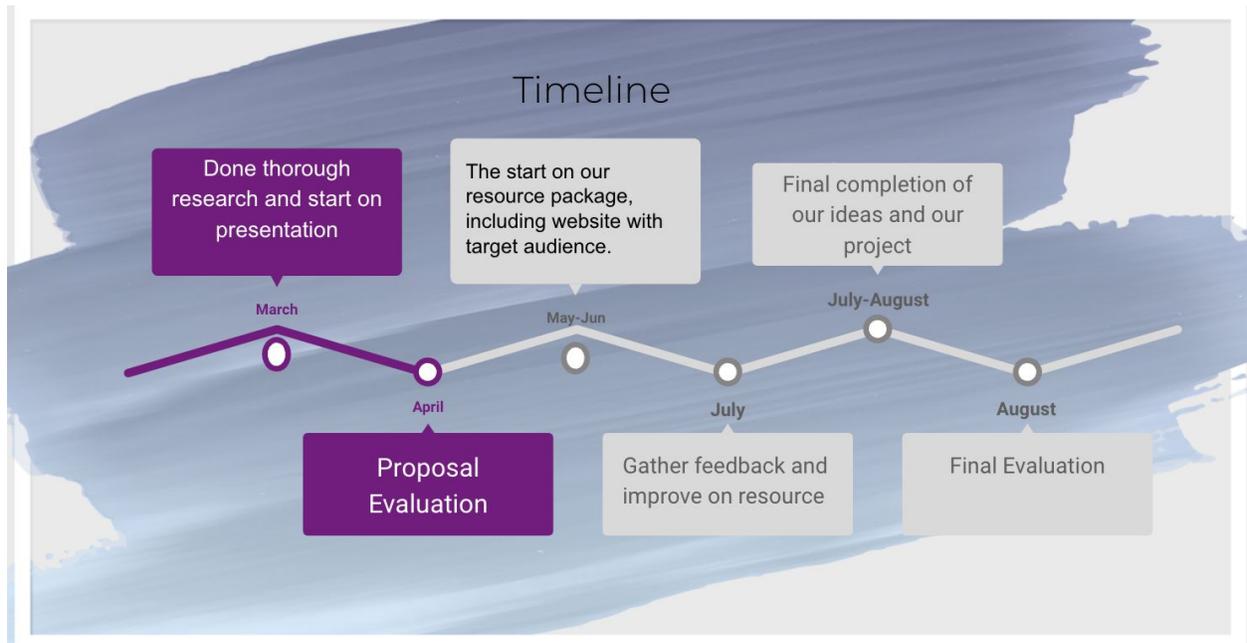
TITLE	ARTIST	
Don't Give Up On Me Now	R3HAB, Julie Bergan	7 days ago
Shine	Manse, David Shane,...	7 days ago
Symphony	Sick Individuals, Nev...	7 days ago
All Night Long	Jonas Blue, RetroVisi...	7 days ago
Play It Cool	Steve Aoki, Monsta X	7 days ago
Unfamiliar	Seeb, Goodboys, HR...	7 days ago
Wildest Dream	Thomas Gold, Koslin...	7 days ago
Something Real	Armin van Buuren, A...	7 days ago
Happy Now	Kygo, Sandro Cavazza	7 days ago
I Don't Belong In This Club - MOTi Remix	Why Don't We, Mac...	7 days ago
Secrets	Erik Frank, Alex Parker	7 days ago
Too Good To Be True	Rhys	7 days ago

## 2 Review

We are doing a comparison with Health Hub website, which provides information and good plans for people to use. However, Health hubs programmes are generally targeted at the public. Due to their large target audience, they are not able to personalise the users needs. Our resources, which aim to mainly help Hwa Chong Institution students are more individualised plans. For example, we also have our own workout videos, healthier food choices in canteens, instagram posts and posters that cater to student's needs.



### 3 Methodology



In March, we did thorough research and we had started on presentation for our proposal evaluation. Based on the judges comments, in April, we had finished off our proposal evaluation and got back the comments from the teachers.

In May-June, we had started on our resource package, including our website, spotify playlists and instagram pages with our target audience, which is the lower secondary students, aged 13-14.

In July, we gathered feedback through google forms and improved on our resources. We even started off a kahoot quiz to increase interactivity with our target audience.

From July to August, we had our final compilation and completion of our full project and that we were just doing our finishing touches to our resources, such as adding weekly fitness videos, and new weekly food recipes.

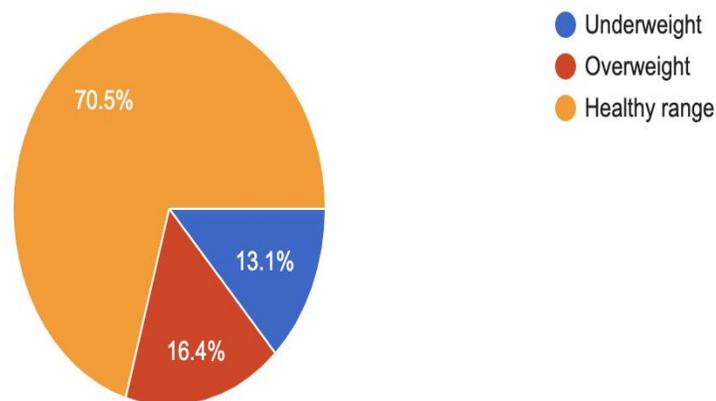
### 3.1 Needs Analysis

A needs analysis has been conducted to ascertain the relevance of the project. After conducting a survey, we found that there were some obese and underweight people who wanted to lose and gain weight respectively. There were also some classmates that frequently got sick. They mentioned that it was probably because they were unhealthy, and they were interested in becoming healthier under our help to lead a healthier lifestyle and keep fit.

### 3.2 Survey Results

Are you underweight, overweight or in a healthy range?

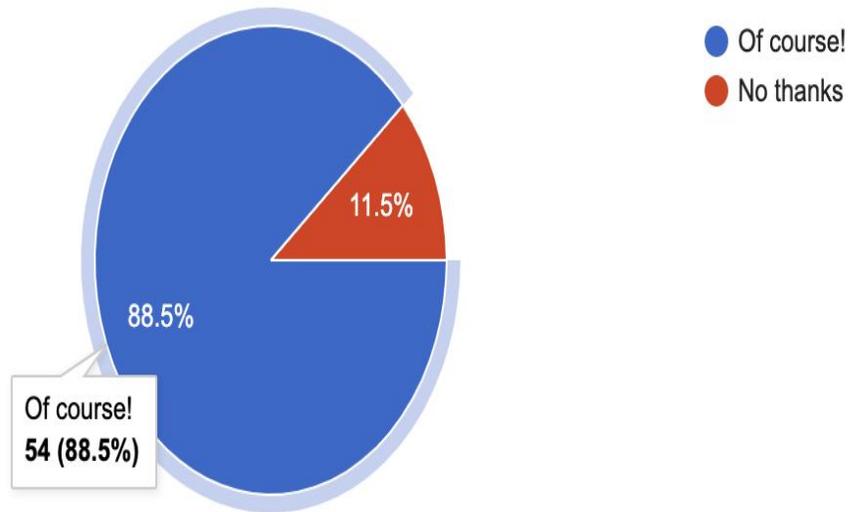
61 responses



We can see that most of the students are in a healthy range and less than 30% of the people are overweight and underweight.

Would you like to learn about healthy living?

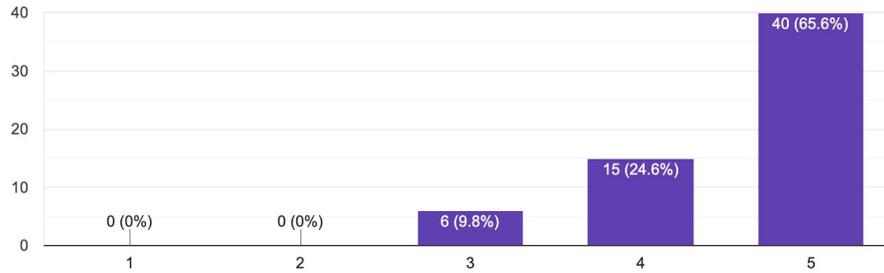
61 responses



Most people wanted to learn about healthy living and keep fit.

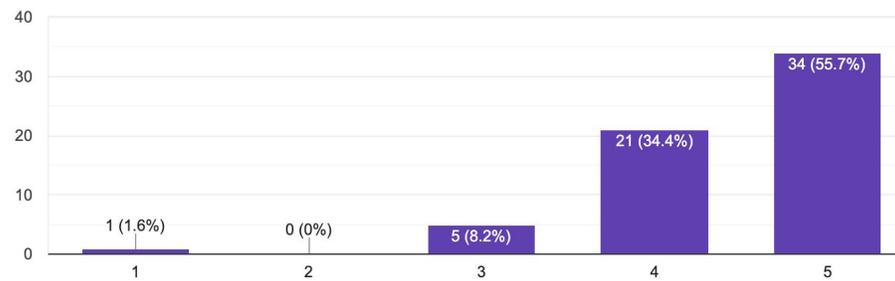
Based on our resources, how effective do you think our website is?

61 responses



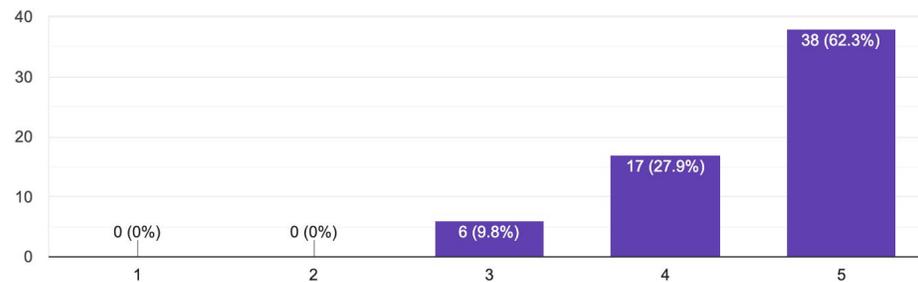
Based on our resources, how effective do you think our Spotify playlist is?

61 responses



Based on our resources, how effective do you think our Instagram page is?

61 responses



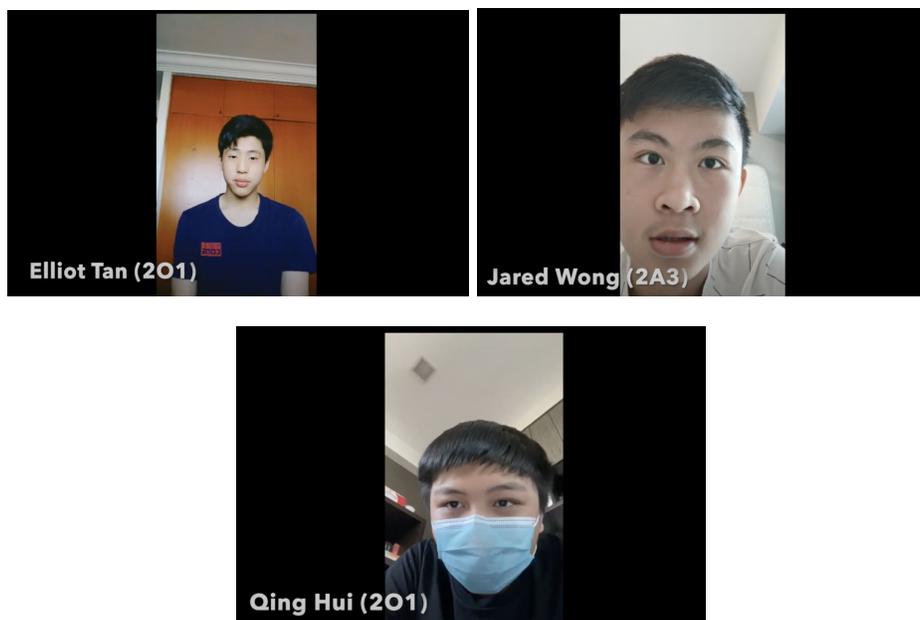
Based on the responses to these 3 questions, we can conclude most people thought that our resources would be effective

### 3.3 Development of Resources

We did research on staying healthy by eating a healthy diet with balanced nutrition. We also researched exercises to train each part of our muscles to keep fit and build muscles. This is at the start of our project. We have shown one of our member's basketball coaches and he approved of our exercises. Some ideas of our exercises were also taken from the basketball coach's training. After gathering much feedback, we had improved on our resources to what we have today.

### 3.4 Pilot Test

We conducted pilot tests on some of our schoolmates, of about 20 to 25 students, from our target audience, which are the Secondary 1 and 2s students. We did the pilot test through kahoot quizzes to assess their knowledge on healthy living after we have conducted a sharing session on Google meet. Most of them thought that our Spotify playlist was motivating for them to continue exercising. They also liked our diet plans and recipes as they were easy to do and applicable to their everyday life.



## 4.1 Outcome

We had decided to do a project more geared towards helping and educating people lead a healthy lifestyle. Instead of just focusing on helping the overweight and underweight to get to a healthy weight range. Through resources, such as our website, social media pages and Spotify playlist, we hope to be able to help others to lead a healthy lifestyle. Here are some Kahoot results and feedback from our target audience.

Nickname	Rank	Correct answers	Unanswered	Final score
Jk salty	1	100%	—	3 900
Emmanuel	2	100%	—	3 895
...	3	100%	—	3 874
Jack	4	100%	—	3 834
Li Song Wong	5	100%	—	3 803
Brian	6	100%	—	3 781
Hi	7	100%	—	3 727
chaetjer	8	100%	—	3 703
•w•	9	100%	—	3 560
Jace	10	100%	—	3 356
Wen Ce	11	75%	—	2 867
Jinfei	12	75%	—	2 804



**Feedback and views on our project**

From the website, I have understood many healthy recipes to help me lose weight and proper fitness plans from their tutorials. - Qinghui 201

I use their spotify playlist when I exercise as it keeps me motivated when I do my cardio exercises. I also love their posts on instagram as it is interesting and there are many inspiring quotes to keep up healthy living - Jared 2A3

I have understood much more about like the importance of sleep, water and how to eat properly to lead a healthy lifestyle, not forgetting about exercising. - Elliot 201

Through Project Vivant's resources, such as their website, spotify playlist and instagram, I was able to learn how to lead a healthier lifestyle as compared to before. - Kun Yu 2A2

## **4.2 Limitations**

Project Vivant was made very challenging for us due to Covid-19. We were unable to meet up to discuss, making our efficiency very low, and it was difficult for us to do pilot tests as well. However, we still managed to pull through and came up with online pilot testing of our resources through google meet and getting feedback from target audience and kahoot quizzes to promote interactivity.

## **4.3 Improvements**

For further work, we would like to work with professionals, such as athletes and health researchers to get their point of view based on healthy living and this is where we could have improved on so as to get more in-depth research.

## **5 Conclusion**

Through the project, we were able to learn much more about healthy living and have a deeper understanding of it. We were also able to learn many different values such as teamwork, determination and most importantly communication. Through this tough situation like Covid-19, we really had to work as a team and separate the work individually, so as to play our roles in our project, which really bonded us as a team. We also had to determine and never give up on our project although there were many difficulties that we had faced along the way. But, most importantly, we also learnt about communication, we needed to have a common understanding between one another so as to improve on our project and work together as a team without any misunderstandings.

## 6 References

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