

# **CATEGORY 4 RESOURCE DEVELOPMENT**

**Group ID: 4-014**

## **Healthy Lifestyle**

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## **Abstract**

In the light of the current COVID-19 situation, more and more people are getting very unfit and developing poor eating habits. This causes them to struggle with developing a healthy lifestyle to keep themselves fit, especially while cooped up at home. To help educate the people who are struggling with their own healthy lifestyles, we have come up with a few solutions to our problem. We have created a website designated to address the people's needs such as poor eating habits or lack of exercise. There are a variety of schedules for people who want to exercise more and eat healthier. Along with that a few videos on some workouts and healthy meals have been posted to give the audience a better and easier way to follow steps. The exercises are easy to follow and do not require much equipment.

## **1 INTRODUCTION**

### **1.1 Rationale**

In the past before COVID-19, Singaporeans would normally go to the gym or outdoors to exercise. They become over-reliant on gyms for their exercise. However, during the COVID-19 period, gyms are closed and everyone is encouraged to stay at home, people gain weight, which is not a good thing. Also, more and more people are eating food from fast food restaurants during the Circuit Breaker due to the restrictions that make people unable to dine in at restaurants. People are using more food delivery apps to get the food they want conveniently delivered right to their doorstep instead of going outside and walking to the restaurant themselves, making their lifestyles even more unhealthy than before the Circuit Breaker. Even families who cook their homemade meals at home use food delivery apps more often than cooking at home since they do not want to bother themselves by going to the supermarket and buying their groceries.

The Circuit Breaker also led to more adolescents becoming inactive at home. A recent WHO study has shown that about 76 per cent of Singapore adolescents aged

between 11 and 17 years old did not get at least one hour of moderate-to-vigorous activity every day, said the study, which examined the issue among adolescents globally. This is an unhealthy proportion of teenagers in Singapore and will result in increasing obesity in teenagers that will last them a lifetime.

## **1.2 Objectives**

The objectives of this project, Healthy Lifestyle, are to

- Increase awareness of being more active
- Encourage adolescents to exercise more
- Encourage adolescents to take note of their health
- Emphasize the importance of eating healthy

## **1.3 Target Audience**

The target audience is adolescents aged 11 to 17 where increased unhealthy lifestyles were observed.

## **1.4 Resources**

## 1. Healthy lifestyle website that consists of exercises and diets

Day one	-push ups 5-8 reps by 3-5 sets (rest 60-90s)
<b>PUSH DAY</b>	-inclined diamond push up (choose level of incline) 5-8 reps by 3-5 sets (rest 60-90s) -wide push up 5-8 rep 3-5 sets (rest 60-90s) -inclined push up max plus hold at the bottom at last rep
Day 2	-full squat 15-25 reps 3-5 sets (rest 60-90s)
<b>LEGS DAY</b>	-step backward lunges(glutes focused, larger step and lean forward by a bit) 15-25 reps 2-4 sets(rest 60-90s) -step forward lunges(quads focused, smaller step, knee slightly over toe and don't lean forward, if you have any history of knee injuries or your knee hurts, don't do this exercise) 15-25 reps 1-3 sets(rest 60-90s) -calf raises 20-25 reps 4-6 sets (rest 60-90s) -wall sits on tip toes max
Day 3	-inclined pull up (closed/normal/wide grip) 5-8 reps 2 sets each (rest 60-90s)
<b>PULL DAY</b>	-inclined chin up (closed/normal/wide grip) 5-8 reps 2 sets each (rest 60-90s) -normal grip inclined pull up

### The Flexitarian Diet

The word "flexitarian" is the combination of two words: flexible and vegetarian. The Flexitarian Diet is great for people who want to lose weight for short-term and long-term periods. You don't have to eliminate meat completely to reap the health benefits associated with vegetarianism – you can be a vegetarian most of the time, but still chow down on a burger or steak when the urge hits. By eating more plants and less meat, it's suggested that adherents to the diet will not only lose weight but can improve their overall health, lowering their rate of heart disease, diabetes and cancer, and live longer as a result.

Becoming a flexitarian is about adding five food groups to your diet – not taking any away. These are: the **"new meat"** (non-meat proteins like **beans, peas or eggs**); **fruits** and **veggies**; **whole grains**; **dairy**; and **sugar and spice**.

- A five-week meal plan provides breakfast, lunch, dinner and snack recipes. You can follow the plan as it's outlined, or swap recipes from different weeks to meet your preferences.
- It's a three-four-five regimen. Breakfast choices are around 300 calories, lunches 400 and dinners 500. Snacks are about 150 calories each; add two, and your daily total clocks in at 1,500 calories.
- Depending on your activity level, gender, height and weight, you can tweak the plan to allow for slightly greater or fewer calories.
- And follow the Flexitarian Diet at your own pace. Jump in and try most of the recipes, sticking to the meal plan verbatim for five weeks. Or take it slowly, and test one of the recipes every once in a while.

For some recipes for the Flexitarian Diet, visit this website -><https://www.eatingwell.com/gallery/7527978/flexitarian-diet-recipes/>

Taken from: <https://health.usnews.com/best-diet/flexitarian-diet>

## 2. Videos regarding healthy eating and exercising



Healthy Lifestyle 1P2 2021

### Steamed Barramundi

Taken from: <https://thewoksoflife.com/steamed-whole-fish> In this video, we will be teaching you how to make a healthy steamed barramundi along with side dishes...

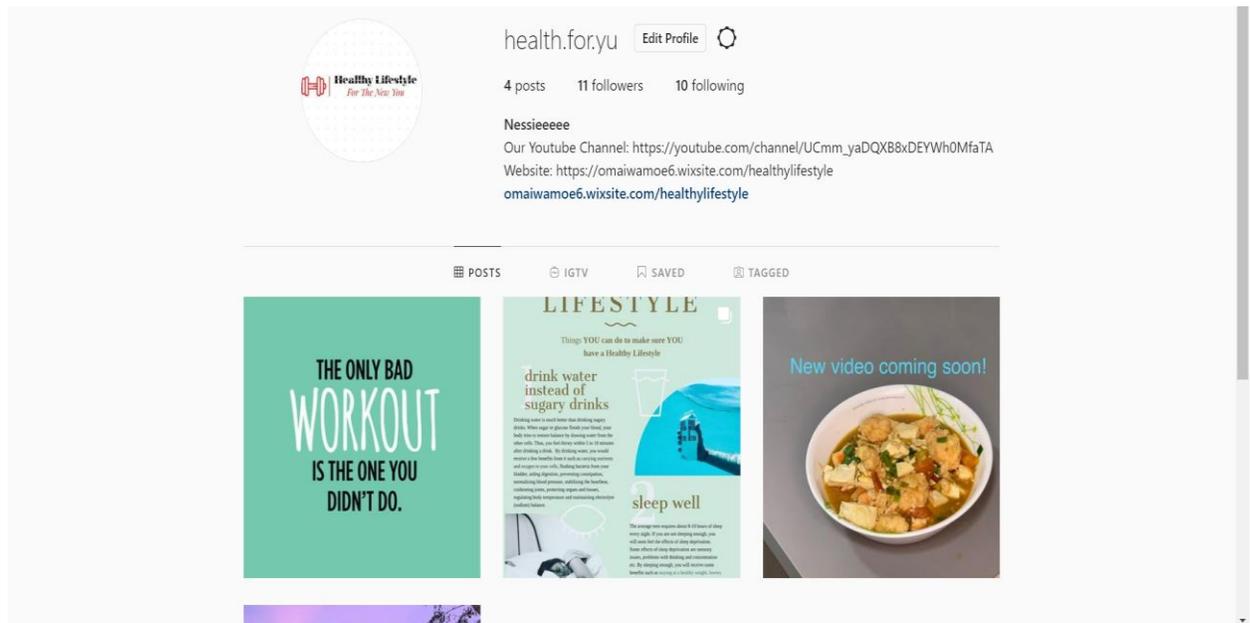


Healthy Lifestyle 1P2 2021

### Prawn ball

Welcome back to our channel. In this video, we will be teaching you on how to make a different dish, prawn balls. This dish is full of proteins. Hope you enjoy the...

- An Instagram account for healthy lifestyle (including posters for motivation and some tips and advice)



## 2 REVIEW

Before we conducted our research for this project, we saw many websites on the internet containing facts for health, diets, motivation and more but not one of them contained everything in a single website. Thus, we have looked through various reputable websites to gain information about effective exercises and good diets, collated the information into one website and published it to the audience so that they will have some ideas on how to live a healthy lifestyle. More data has been gathered backing up these exercises and diets so that the audience will be convinced to start them. All of the data has been uploaded onto our website with tips and tricks on how to exercise and motivational tips to keep the audience motivated to continue striving for a healthier lifestyle and not lose the spirit to live a healthy lifestyle. Videos regarding exercises and diets have also been uploaded on our Youtube channel so that the audience can understand the exercises and recipes for diets easily to improve efficiency for both exercises and cooking.

### **3 METHODOLOGY**

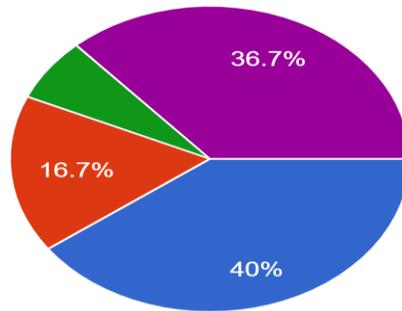
#### **3.1 Needs Analysis**

A needs analysis survey was conducted to ascertain the relevance and efficiency of this project. We constructed a questionnaire for students aged 11 to 17 to find out their weekly exercise routine, the intensity of the exercise and whether they have specific diets they follow. Through this questionnaire, we found out that a large proportion of surveyees do not exercise regularly or at all, with most of them being lazy or having no time for exercise. Even if they do exercise, their intensity of exercise does not hit the recommended intensity. Hence, we felt that this project would be effective in motivating more students to exercise and overcoming their problems and help them achieve their goals for a healthier and more active lifestyle.

#### **3.2 Survey Results**

### How often do you exercise in a week?

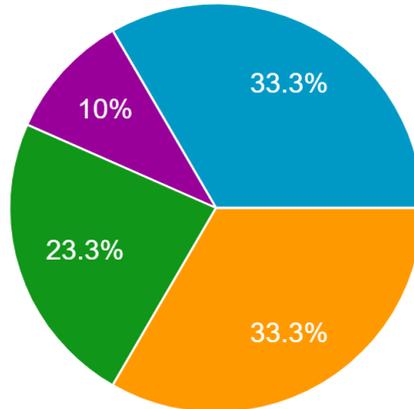
30 responses



- One to three times
- Four to five times
- Six times
- The whole week
- I don't exercise at all

### What is the intensity of your exercise?

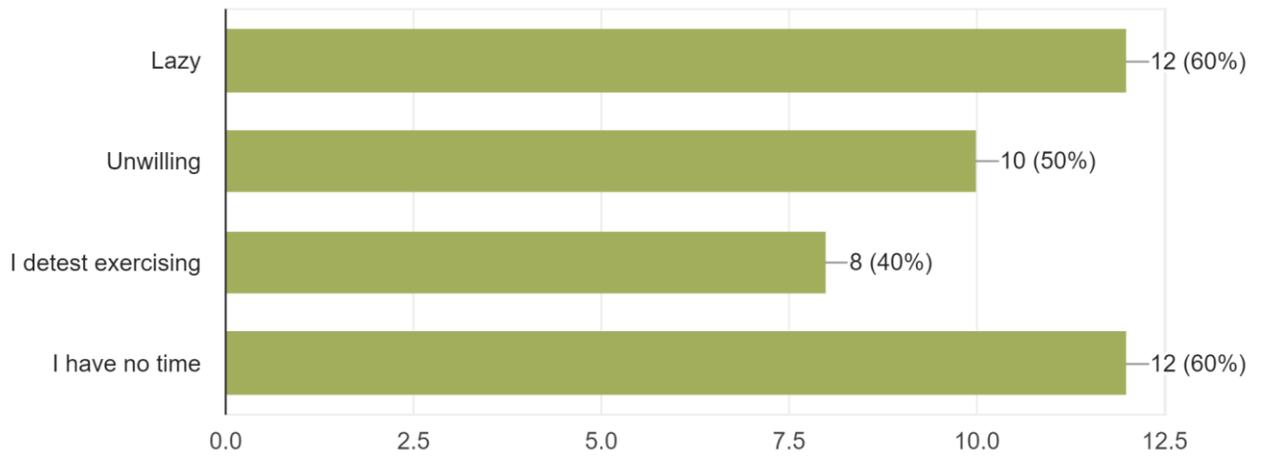
30 responses



- Deadly intensity
- Very intense
- Intense
- Moderate
- Easy
- I do not exercise

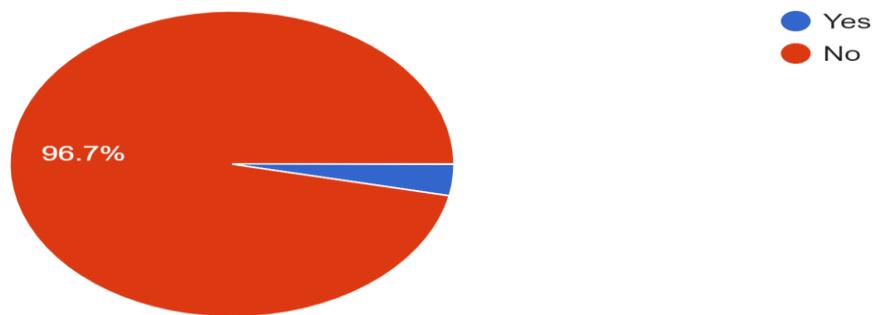
If you do not exercise at all, why so?

20 responses



Do you follow the HPB diet?

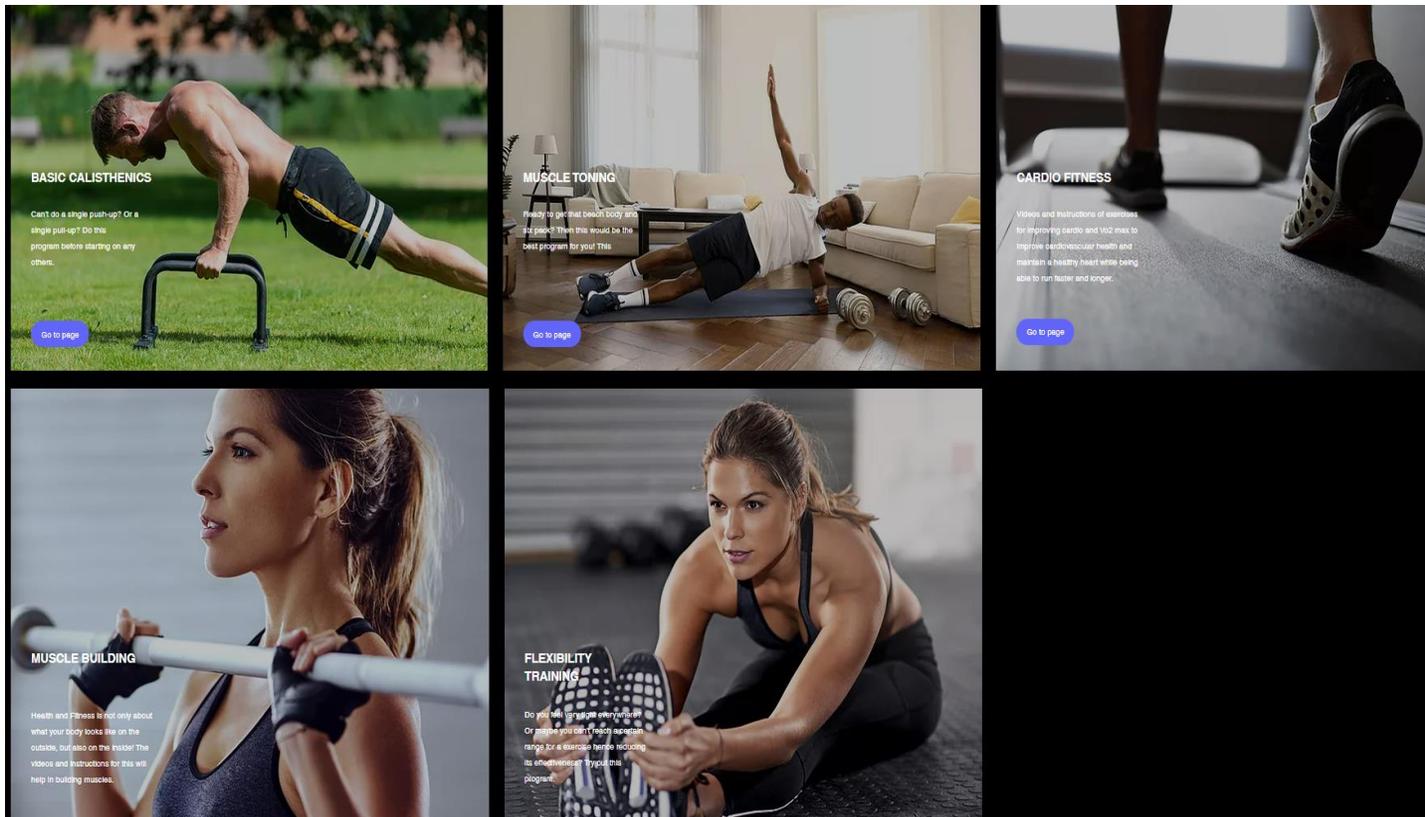
30 responses



### 3.3 Development of Resources

Website: <https://omaiwamoe6.wixsite.com/healthylifestyle>

Sample of different exercise categories



We included different types of exercise routines that each have different motives such as cardio fitness, muscle building, muscle toning, basic calisthenics and flexibility training.

Sample of health facts(Why should people exercise)

**Why exercise?**

A healthy lifestyle starts with a fit body. Did you know that exercising has many benefits other than just a healthy lifestyle? Some of the other benefits of exercise are weight loss, combats health conditions and diseases, improves your mood, boosts your energy and promotes better sleep etc. If you start exercising today, you will slowly start to feel yourself becoming fitter and healthier. So why delay? Start exercising with the videos on our website today!

We provided some information on why a healthy lifestyle is vital and having a healthy lifestyle's benefits.

Sample of exercise routines and videos on how to do them

Day one

### **PUSH DAY**

- push ups 5-8 reps by 3-5 sets (rest 60-90s)
- inclined diamond push up (choose level of incline) 5-8 reps by 3-5 sets (rest 60-90s)
- wide push up 5-8 rep 3-5 sets (rest 60-90s)
- inclined push up max plus hold at the bottom at last rep

Day 2

### **LEGS DAY**

- full squat 15-25 reps 3-5 sets (rest 60-90s)
- step backward lunges(glutes focused, larger step and lean forward by a bit) 15-25 reps 2-4 sets(rest 60-90s)
- step forward lunges(quads focused, smaller step, knee slightly over toe and don't lean forward, if you have any history of knee injuries or your knee hurts, don't do this exercise) 15-25 reps 1-3 sets(rest 60-90s)
- calf raises 20-25 reps 4-6 sets (rest 60-90s)
- wall sits on tip toes max

Day 3

### **PULL DAY**

- inclined pull up (closed/normal/wide grip) 5-8 reps 2 sets each (rest 60-90s)
- inclined chin up (closed/normal/wide grip) 5-8 reps 2 sets each (rest 60-90s)
- normal grip inclined pull up

Day 4

### **REST**

REST

#### **5 minute fast walk or jog**

- Begin the walk or jog slowly at first then gradually build up speed.
- You should be breathing easily and just starting to feel your muscles and lungs getting warm.

#### **20 minute jog**

- This should be at a somewhat difficult to difficult pace.
- You should feel out of breath after the exercise.

#### **20 standard high knees**

- Quickly bring your knees up to your waist level, your knee joint at 90 degrees, continuously.

#### **20 wide high knees**

- Same as above but with legs slightly wider than your shoulders.

Every Friday

#### **5-minute fast walk or jog**

- Begin the walk or jog slowly at first then gradually build up speed.
- You should be breathing easily and just starting to feel your muscles and lungs getting warm.

#### **5-minute slow jumping jacks**

- Stand with feet together and arms at your sides.



We planned out some exercise routines for them to follow and filmed some videos for the exercises that are harder to do in the routines for them to follow.

### Sample of healthy diets that would promote a healthy lifestyle

#### The Mediterranean Diet

People in countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The Mediterranean Diet may offer a host of health benefits, including weight loss, heart and brain health, cancer prevention, and diabetes prevention and control. By following the Mediterranean Diet, you could also keep that weight off while avoiding chronic disease.

Because this is an eating pattern – not a structured diet – you're on your own to figure out how many calories you should eat to lose or maintain your weight, what you'll do to stay active and how you'll shape your Mediterranean menu. The Mediterranean diet consists of eating **fruits, veggies, whole grains, beans, nuts, legumes, olive oil, and flavorful herbs and spices**; **fish and seafood** at least a couple of times a week; and **poultry, eggs, cheese and yogurt** in moderation, while saving **sweets and red meat** for special occasions. This diet may be a little expensive when it comes to buying seafood. However, a better alternative is the **Barramundi**, the Asian sea bass. It is widely distributed in the Indo-West Pacific region from South Asia to Papua New Guinea and Northern Australia. 650 grams of Barramundi will cost around \$9 at any local fish market, which is \$13.80 per kilogram, making it much cheaper than expensive fish such as the salmon. We have made a video on how to make steamed barramundi--> [Click Here](#).

To find some examples on how to make Mediterranean Diet style dishes, visit this website--> <https://www.foodlecrush.com/50-mediterranean-diet-recipes/>

Exercising is crucial in the Mediterranean Diet as well. Walking, often a central part of a Mediterranean lifestyle, is a good place to start, but add whatever you like to your mix. Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day.

We provided some information on how to healthily lose weight through the means of a healthy diet.

### **3.4 Pilot Test**

A pilot test was administered to our classmates and several of our schoolmates. Near the end of June, when most of the information, exercises and videos had been added to the website, we reached out to our classmates and friends from other classes to test out our website. For the pilot test, we asked them to refer to different aspects of the website whenever they wanted to exercise, try out different sleep routines, or even change their diet to a healthier one. For example, whenever they wanted to exercise, they referred to the exercise routines on our website and for any exercise they did not know how to do, they were able to follow the exercise demonstration videos filmed by us. Before the final evaluation, we gathered their feedback on our website and how effective it was. We found out that most of the feedback from them was positive and it was effective in keeping them active and healthy in different ways.

Here are some of the feedback they have given us:

- “The information in the website is sufficient”
- “The exercises are easy to follow and does not take up too much of my time”
- “The diets and sleeping routines are informative and helps me”
- “I have learnt many new sleeping habits that have helped me with sleeping better”
- “The exercises make me feel that I am truly exercising”

## **4 OUTCOME & DISCUSSION**

Throughout the entire process of the Project Work, we have finally managed to achieve our goal to reach out to our target audience to show them the importance of a healthy lifestyle. The website we have created has helped benefit the audience of our pilot test through the means of videos and information they need to start improving on their lifestyles so that they can develop healthy habits such as eating well and exercising often. Through the use of videos, the target audience were able to easily comprehend the complex steps in an exercise program and help them through the process step-by-step in cooking a healthy meal. Also, by providing the audience with useful information on how to develop good sleeping habits, they were able to improve their quality of sleep

and sleep duration. The outcome of this project has improved the lifestyles of different people from our target audience.

## **5 CONCLUSION**

The healthy lifestyle project was a tough but enjoyable one. Given the Covid-19 situation, it only made it harder. For example, when we wanted to film our cooking videos, we could not meet up and had to count on our parents to help us film. Another hard obstacle was researching about the most effective way to achieve a certain fitness goal and trying to consolidate all the information into one workout programme. However, at the end of it all, we managed to overcome all these challenges and bring to you the healthy lifestyle website. We also found this enjoyable as at the start of the year, we were basically strangers. But after going through this project work, we are much closer to one another and had a lot of fun moments together while doing this project.

## **6 REFERENCES**

### **Rationale**

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