

Project Valetudo

CAT 4 RESOURCE DEVELOPMENT

Group 4-067

Project Valetudo

2021 PW Write Up

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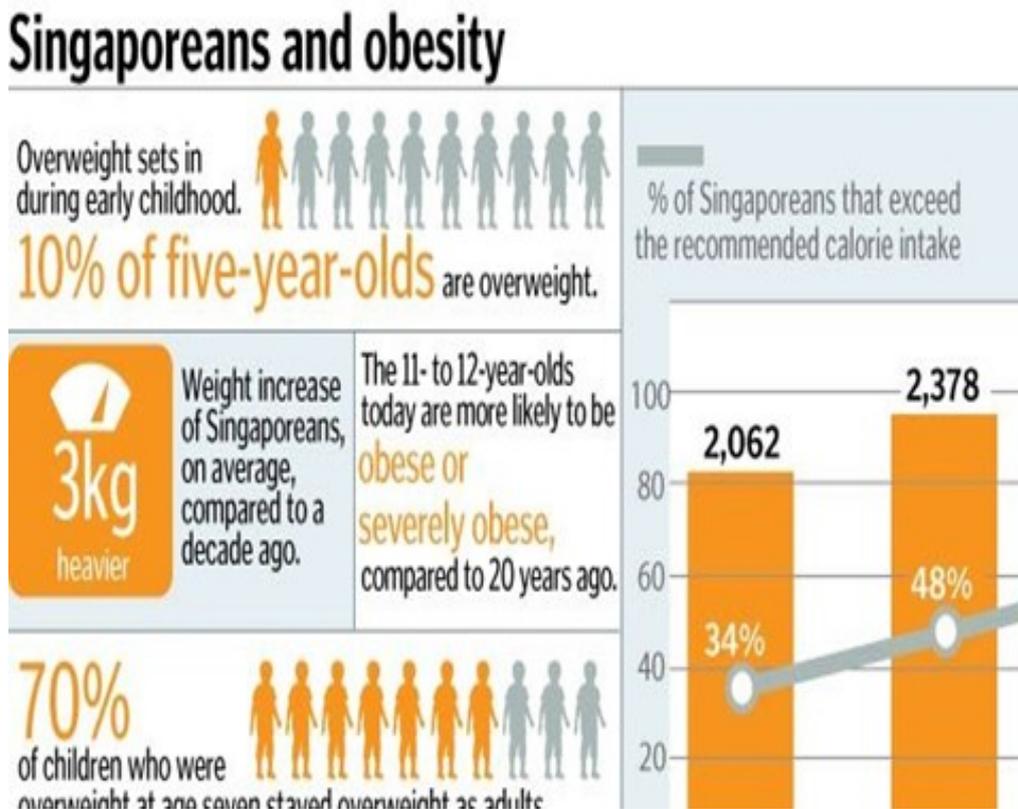
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Abstract

Project Valetudo is an interactive and innovative resource package that aims to promote a higher level of health and fitness among Hwa Chong students. We wanted to motivate students who disliked having to commit to a healthy lifestyle to get out of their comfort zone and start getting in shape through small but impactful changes. This resource package consists of an Instagram page and a website, which are made easily accessible to students. Our Instagram page targets 3 aspects, namely exercise, nutrition, and recovery. With Instagram's popularity as a social media platform, we decided to use it for our workout tutorials, healthy recipes, and recovery exercises (such as yoga) to spread awareness on the importance of staying healthy. Our website focused more on educating students on exercises and living a healthy lifestyle. To increase accessibility to our resource package, we added our email on the website and opened messaging on Instagram so our audience could reach out to us. We crafted our resources in a way such that it was easy to understand.



1. Introduction

1.1 Rationale

Due to the advent of social media and games, teenagers often spend their time using their electronic devices rather than doing physical activities. Therefore, many teenagers are experiencing health issues at such a young age, a common one known as obesity. Since students lack exercise and physical activity, the number of calories they take in everyday is significantly more than their maintenance calories, causing them to develop health issues and become physically unfit easily. These health issues can become dangerous, so we want to prevent them by introducing healthier lifestyles.

1.2 Objective

We wanted to promote the importance of health to Hwa Chong students, so that they understand the importance of keeping fit and healthy and start living a healthier. We also wanted to motivate students who despised physical activity to get out of their comfort zone and start getting in shape. Other than engaging in physical activities, we also wanted the students to understand the importance of a healthy diet, as it is also part and parcel of staying healthy.

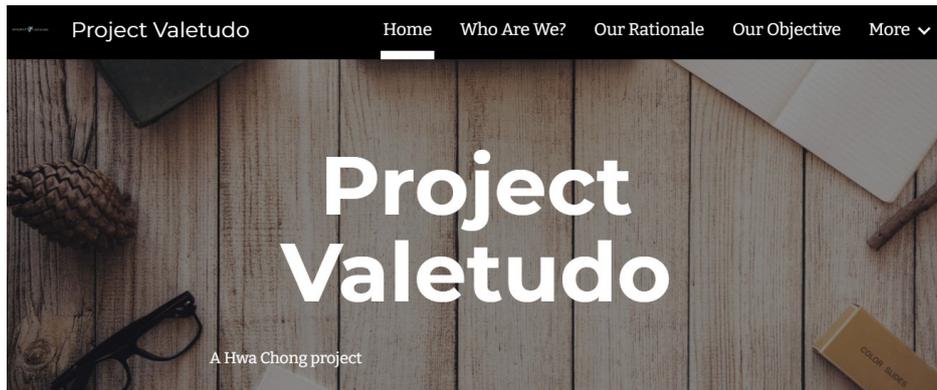
1.3 Target Audience

The target audience was Hwa Chong Institution High School students.

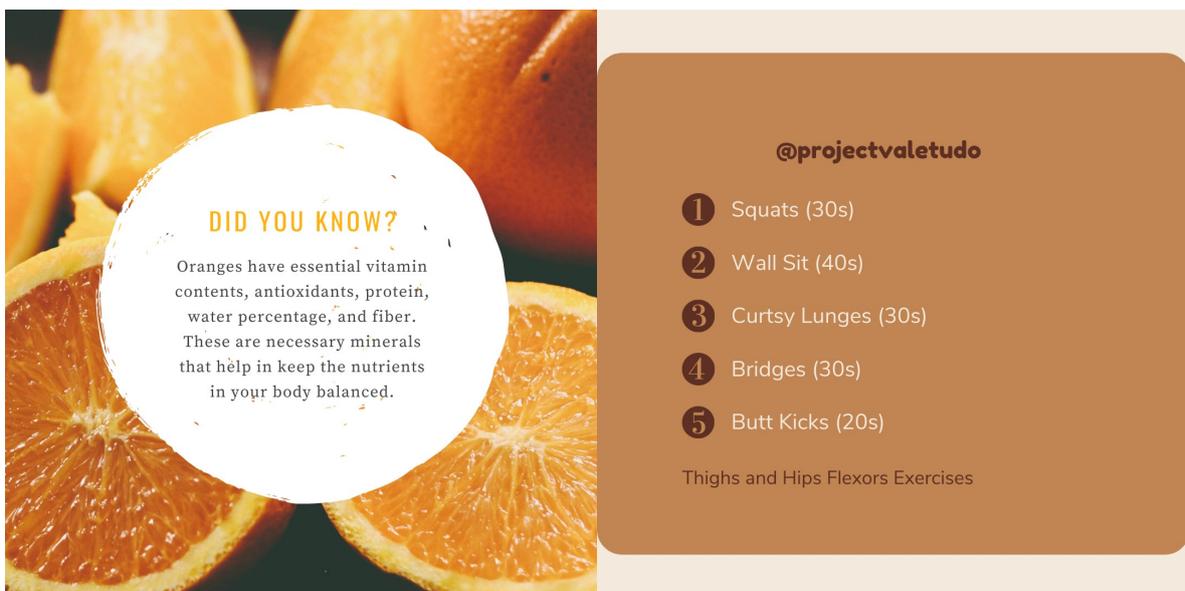
1.4 Our Resources

The online resources created consisted of an Instagram page and a website.

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Website Home Page (Link: <https://sites.google.com/view/project-valetudo-website/home>)



Sample posts from our Instagram page

2 Review

Most organizations that provide advice on fitness and nutrition that might be too complicated, expensive, or dangerous for teens. In addition, the Instagram accounts and web pages of these organizations aren't explicitly targeted towards our target demographic. For example, Singapore has the ActiveSG programme, which focuses on exercise and sports. They own numerous Instagram pages which are mainly used for event announcements; their website is used for booking of sports facilities. Furthermore, ActiveSG produces a wide range of content for various age groups, but their resources are not as targeted towards youths, especially those in secondary schools. Other well-known resource centres include Fitness Blender and Healthline. Even though these resource centres contain a broad breadth of material, our target audience may not find them as relevant. For example, Healthline's Instagram page and website cover a spectrum of topics including mental health and wellbeing, even giving tips on parenthood, but with little information regarding teens. Thus, teenagers will not find it useful and will not be inclined to visit these websites regularly.

3 Methodology

3.1 Needs Analysis

The first needs analysis was conducted in March and received 51 responses. The aim was to come up with a reasonable scope and to confirm the necessity of our project. 49 respondents indicated interest in our resources.

The second needs analysis was conducted in April, a few weeks after the circuit breaker took effect. We had 62 responses for this survey. Its aim was to see what the students' fitness levels were. We determined from both polls that many students lived sedentary lifestyles. 71% of them had not been hitting the recommended target of 30 minutes of

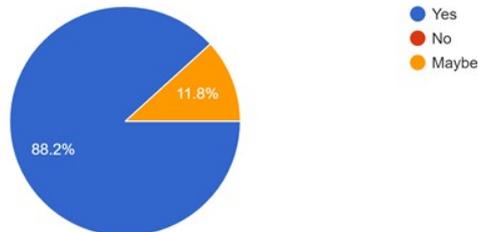
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exercise a day. Lack of time or drive could be one factor for these results. Most people stated that they preferred short but intensive workouts. Hence, the content we produced were simple but effective, helping students to maximize their time and benefit from exercise. Furthermore, more than half of the respondents engage in poor eating habits, which was unsurprising. As a result, we intended to establish long-term healthy eating habits through easy-to-make and convenient healthy meals that the students could consume.

We also conducted extensive research and found obesity to be prevalent in schools.

School level	Prevalence of overweight overweight (%)	
	Male	Female
Primary school	13.2	10.6

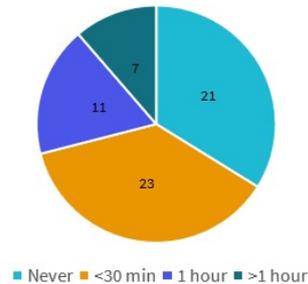
Are you interested to getting fit along with our project?
51 responses



Our first Needs Analysis

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Time spent daily exercising



Survey of 62 students on the time spent exercising daily before our resource package

Our second Needs Analysis

3.2 Resource Development

The resources for Project Valetudo were created with our target audience in mind. We wanted to demonstrate that leading a healthy lifestyle is not difficult. We made sure that our resources were simple and accessible. Our exercise, nutrition and recovery tutorials were posted on Instagram after conducting much research to make sure that they were accurate. The information we compiled are from reputable websites such as World Health Organisation websites, and we designed the posts ourselves, such that it is aesthetically attractive yet concise. For our exercise tutorials, we compiled many different workouts together to form our very own workout programs that specialised in the different aspects (e.g., leg workouts). As for nutrition, we customise recipes using nutritional information to make sure that our dishes are extremely nutritional and tasty, and included pictures and steps on how to create the dish. For recovery exercises, we post stretches and cool-downs such as yoga. To make sure they are simple enough for students to carry out easily, we provide demonstrations. As for our website, we craft educational information on what living healthily can offer you and on our posts. We also interacted with our audience and used their feedback to enhance our posts. Lastly, we also added a quiz/questionnaire at the end of our website so that students can apply what they have learnt from their website in our simple quiz.

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Can you provide a demo for the exercises?



this one specifically

okay!

we've uploaded a video to our website, link in bio!



Dive Bomber demo

themashedpotat did this and can really feel the burn 🔥🔥

An example of some comments on our Instagram page

3.3 Pilot Test

The first pilot test was administered to a group of 65+ HCI students. From the results, we can see that our project was mostly well-received, with a majority of the students indicating that our website and Instagram were helpful and beneficial to them.

Furthermore, we could also see that the respondents benefited from two features, which are “Why is health and fitness important?” and “How to keep healthy?”, showing that we had achieved our objectives of allowing students to understand the importance of living healthily. The interactive features of our website, quizzes and interviews also managed to capture the interest of our respondents also, with many of them responding that “these features allowed me to apply the knowledge I have learnt from the website” and “they(features) are very relevant for the project”. From the comments received from participants, it could be said that many students felt that they benefited from the website which was informative and aesthetically pleasing.

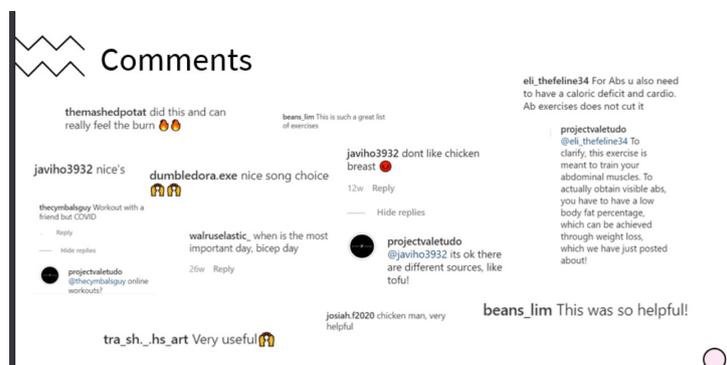
Suggestions

Add activities with varying difficulties and demonstration video

Fun, easy to make, nutritious

Fulfilling, well-balanced, effective

More recipes for healthy food



4 Outcome and Discussion

Generally, Project Valetudo has received positive feedback, gaining popularity with 340+ followers on Instagram. In a second survey, we received 67 responses. The percentage of people exercising less than 30 minutes a day reduced to 47%. As we conclude our Instagram page and website resources, users should have gained a better grasp and stand on what it means to lead a healthy lifestyle. In the future, we could include more aspects to a healthy lifestyle, such as the importance of sleep, not only just relying on exercise, nutrition, and recovery. Quite a few respondents came up with suggestions such as the creation of an exercise music playlist, where we compile songs that they can listen to when they are exercising. We listened to their requests, and we created our very own playlist that can energize students during workouts. For our website, we used user-friendly words that still coincides with our data, and we try to prevent the use of verbose sentences for easy understanding and less confusion. Although our project has proven that living a healthy lifestyle is in fact very simple and not difficult at all, it all still depends on the students themselves as to whether they want to follow along with the pace of our scheme of getting fit and it's their choice as to whether they want to get healthy and benefit themselves in both the present and the long-term.



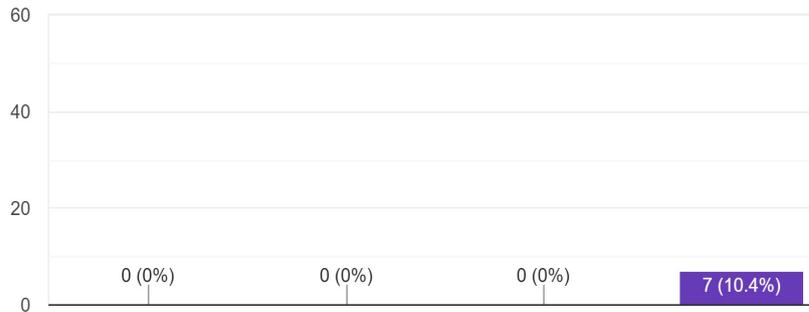
Our 2nd pilot test to deem the effectiveness of the project

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Our 2nd pilot test to deem the effectiveness of the project

How useful is our website?

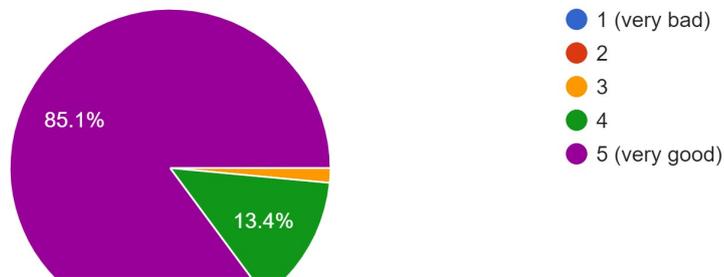
67 responses



Our 2nd pilot test to deem the effectiveness of the project

How useful is our Instagram platform?

67 responses



5 Conclusion

Project Valetudo was not an easy journey, but we have ultimately managed to achieve our goal in spreading awareness of health and fitness. We have also learnt valuable skill sets such as research skills and critical thinking, which are things that cannot be learnt simply through school curriculum. We also improved communications between students and members alike, to ensure the success of our project. We were also undeterred by the significantly few negative comments, as we took them as critical

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feedback for our project and tried our best to solve the issues they mentioned. We also learnt how to work as a team better so that we could complete tasks more efficiently and overcome challenges together. In addition, we learnt various poster designing through the creation of the infographics. Although we met with various obstacles, we persevered with the vision that we would be able to create resources that could benefit people and let more people know about the wonderful benefits of being healthy. All in all, this project provided us with very meaningful experiences such as the interactions with students and helping them alongside the journey to getting fit.

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