



HWA CHONG INSTITUTION (HIGH SCHOOL SECTION)
Project Work 2021

Project Invigoration

Cat 7, Service Learning

Project Type : (Single Year)

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Abstract:

Project Invigoration is a project aimed at helping youths and elderly understand the importance of physical health and fitness and provide them with help, enabling them to proactively keep fit and be healthy.

Section 1: Overview

A. Area of concern:

Based on a World Health Organization (WHO) study on global health, one in three Singaporeans do not get enough physical activity. It is recommended for adults to do 150 minutes of moderate activity or 75 minutes of vigorous activity a week. However, according to an article published by Straits Times, about 34% of men in Singapore do not hit this target, compared with around 39% of women. Worldwide, around 25% of men and 33% of women fall into this category.

According to U.S. National Institutes of Health's National Library of Medicine, a study conducted in South-East Asia (including Singapore) found that around 37% of Singaporeans sat at least 8 hours per day (high level of sedentary behavior). The prevalence was highest among youngest participants aged 18 to 29 years (48%). Also, among 397 participants (51% female; 73.2% Chinese; 48% aged 70 years or older; 33.5% employed, including voluntary work), 58.7% had 3 or more chronic illnesses and 11.1% required walking aids. A survey of 2,558 old folk in Marine Parade conducted by Ministry of Health revealed that 52% of the interviewees do not exercise, and as a result 15% of them fell at least once in the last twelve months; 78% suffer from at least one chronic disease and 15% showed signs of depression and dementia.

Target Audience

We plan to focus on two big demographics—the children and the elderly. We want to cultivate a healthy and disciplined lifestyle for children, so that they are able to maintain these healthy habits for the rest of their lives. As for the elderly, since they are prone to health issues such as high blood pressure or diabetes, by including elderly as a demographic we aim to help elderly become healthier and decrease their risk of developing these illnesses.

B. Challenges Identified

What do you think are some reasons people/you do not exercise regularly?

6 responses

People could be lazy or just not have any incentive to do so.

i dont have time

no access to amenities/gyms

It could be due to a combination of both lacking spare time, as well as the lack of priority of exercising

People just do not want to exercise regularly

I dont know where and how I can exercise

1. Laziness / Lack of motivation
People may not be used to active lifestyles, and may be discouraged to make an effort towards achieving one as exercising may be tiring, and their environment also does not encourage them to do so. (help phrase)
2. Lack of sufficient knowledge regarding benefits of exercising, available locations, and how to begin
3. Lack opportunities due to busy schedules in daily life
Exercising requires time, as well as facilities. People may lack such opportunities
4. ActiveSG highlighted that they require assistance in promoting exercise amongst the public

C. Underlying Problem

Given that there is a general lack of exercise amongst children and elderly, they may suffer from repercussions stemming from lack of maintaining their health. How can we then encourage healthy lifestyles in Singapore?

D. Plan of Action

We started with a needs analysis to identify the

We then formulated a suitable plan of action to encourage and lead more physical activities within our community.

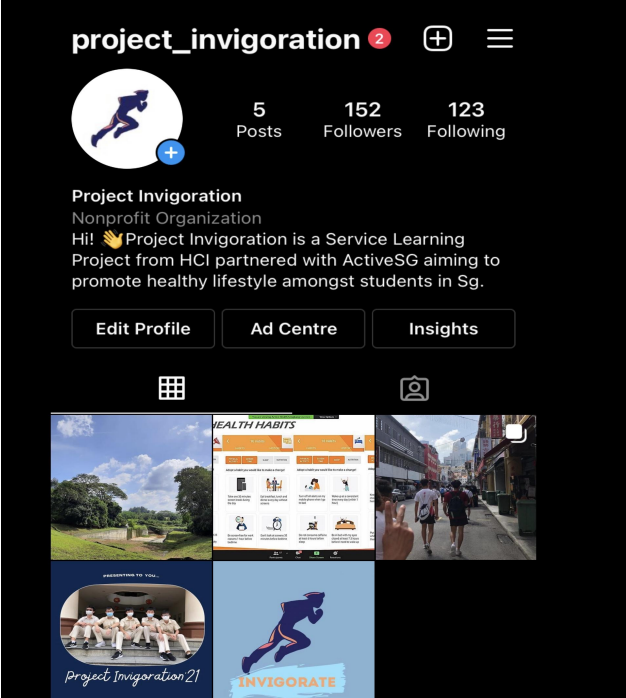
We have hosted online workshops in partnership with ActiveSG, as well as created an instagram page and website to raise awareness on the benefits of healthy living, as well as ways to do so. Subsequently, we also held a number of walks.

Our original idea was to continue to expand on the idea and lead the elderly from old folk homes out to do physical activities and improve their health, as well as host other sports activities in the community to encourage a healthy lifestyle in Singaporeans of all ages. However, we learnt that due to COVID-19, we were not allowed to interact with the public to such a degree, and as such decided to focus more on students.

As such, we have shifted to a more online approach, whereby we hosted talks for primary school students.

Section II: Implementation of action plans

Date	Action	Objectives
January-April	1. Liaising and communication with ActiveSG and FeiYue 2. Set up Instagram pages, introduction of project and group members	Raise awareness of the possible ways to lead a healthy lifestyle

		
<p>March</p>	<p><u>Sabbaticals</u></p> <ol style="list-style-type: none"> 1. Hosted 5-day sabbaticals walks around Singapore 2. Got 38 participants <p><u>E-Workshops</u></p> <ol style="list-style-type: none"> 1. Planned and hosted an E-workshop in partnership with ActiveSG, with 18 participants. 	<p>Develop a healthy lifestyle</p>
<p>April</p>	<p><u>Walks</u></p> <ol style="list-style-type: none"> 1. Attempt to liaise with FeiYue to determine the potential and the opportunity to expand our project to a wider range of elderly. 2. Planned walks with a proposed number of 6 people/group including one core team member organised by Clementi Sports Centre (branch from Active SG) 	<p>Develop a healthy lifestyle</p>
<p>May-July</p>	<p><u>E-Workshops</u></p> <ol style="list-style-type: none"> 1. Hosted online workshops with trainers from 	<p>Educate participants on</p>

	ActiveSG for children and elderly. 2. Small Kahoot quizzes were held to test learning.	healthy lifestyle habits
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Our initiatives:

We plan to encourage students to go out to exercise and lead a healthy lifestyle through the following:

1. Advertising our website, which includes information about the importance of a healthy lifestyle. Furthermore, our website includes useful information for students who may have troubles finding a sport or activity that they will enjoy taking part in.
2. Included posters that are going to be posted on our instagram page, Project_invigoration. Posts will be on the interesting things that people can explore in Singapore, ranging from information about certain places that are not commonly known by people. Additionally, there will be fun facts that people can learn about, or just tips on how to live a healthy lifestyle or how they can further improve on their lifestyle.
3. We hosted workshops carried out by trained professionals such as trainers from ActiveSG. The trainers discussed the importance of living a healthy lifestyle and taught the participants some tips and ways they could go about doing so
4. We had planned to organise events which involve students from various schools across age groups, from 7-16 (primary to secondary), as well as groups of elderlies whereby we will bring them out for a hike, or on heritage trails that will serve to enrich them about Singapore's history and culture.

Section III: Project Outcome

1. Accomplishments

We have gotten over 30 youths (students) to participate in our walks.

Many of these participants also participated in the e-workshops we hosted, and they brought their own friends into the project as volunteers as well, helping us expand our outreach to several students from many schools.

We have 151 followers on Instagram, with 4 posts and 45 likes on average, showing that our reach to the community is at the developing stage, yet it is enough to make an impact.

2. Reflections

Throughout the course of spearheading and organizing activities related to our project, we have benefited much and learnt a great deal. While we were unable to fulfil many of our original expectations and achieved less than planned, we were able to impact many and impart important lessons and life skills.

3. Scope of Impact

Impact on elderly:

Many elderly generally lead a more sedentary lifestyle. As such, they would have increased opportunities to exercise through participating in our project, aiding both physical and mental health.

Impact on youths:

This project, through our e-workshops and walks, have both encouraged and actively engaged youths to participate in physical activities, as well as educated them on the benefits of keeping a healthy lifestyle. This would then ensure that they will continue to be more active even in the later part of their lives. Hopefully, they would then continue the cycle and pass it on to the next generation.

Community involvement

We partnered together with organisations such as ActiveSG to host workshops to teach Singaporeans the importance of healthy living, as well as the many ways they can do so. So far, we have hosted webinars with the elderly as well as the youths.

Resolution of AOP/UP:

Given that we identified that there is a general lack of exercise amongst children and elderly, we have spread awareness through social media, reaching out to over 100 people, as well as hosting walks and e-workshops

More importantly, we have sowed the seeds for sustainable development of this project, by involving students from a diverse range of schools and education levels in the problem-solving process and empowering them to make a difference.

We hope that future batches will be able to take on the mantle and build on this foundation, to truly provide a sustainable, long term solution to the importance of healthy living in Singapore.

References

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