

Project DEFICIT

Diet and Exercise, and Fitness Checker through Intensive Training A Physical Health Program Designed for overweight students at MNHS



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ABSTRACT

Project DEFICIT, which stands for Diet and Exercise and Fitness Checker through Intensive Training, is a physical health program for overweight students who aims to rekindle their interest in physical activities while also assisting them in becoming physically fit. This project measured each student's BMI at Mamplasan National High School and sought out eight overweight students who would participate in the program and consent to the transition from overweight to normal in eight weeks. The selected students were evaluated based on their body weight or their calculated BMI before and after the intensive program. T-tests were used to evaluate the data, which showed both the efficiency of the program in enhancing students' general health as well as substantial physical changes in the respondents' bodies.

INTRODUCTION

Compared with everyone's parents or grandparents, younger people are spending increasing amounts of time in environments that not only limit physical activity but require prolonged sitting—at work, at home, and in people's cars and communities. These changes have a dual effect on human behavior: people move less and sit more. Current public health recommendations propose engaging in at least 150 minutes per week of moderate-to-vigorous activity to help prevent and manage multiple chronic conditions, notably cardiovascular disease, type 2 diabetes, obesity, and some cancers. (Haskell et al.,)

The evidence that supports this exercise recommendation is substantial. Here, the use of the terms exercise and moderate-to-vigorous activity interchangeably, recognizing. The COVID-19 pandemic is a massive global health crisis (Bavel et al., 2020) and rapidly spreading pandemic (Bentlage et al., 2020). These diminished volumes of habitual physical activity and increased sedentary levels have been observed because of COVID-19 home confinement.

Consequences of inactivity, including a higher mortality rate and poorer general health and fitness, according to the World Health Organization (WHO) approximately 25% of adults and 80% of adolescents around the world are physically inactive partly due to societal and lifestyle changes, so the students must routinize activities on a daily basis. With the

help of this program, everyone can bring back the old ways of enhancing individual's ability. This promotes the importance of doing daily body building even in a simplest form and simple diet plan. This banks healthy lifestyle that younger generation could carry on when they get old.

METHODOLOGY

This research involves online virtual exercise session and a simple meal plan that is validated by a certified and registered nutritionist. The respondents were for 8 overweight students in 8 weeks. This research can help educators, students, parents, and everyone in general, to learn about the importance of having a healthy food routine, workout snacks, and meal plans. It can give people an idea on how to eat a well-balanced diet that can help everyone get the calories and nutrients they need to fuel their daily activities, including regular exercise.

This study shall strictly follow the Solution Strategy flowchart to adhere with the effective implementation of the proposed program.

The researcher gathered all the data and search the list of students who are overweight then oriented all of the learners and their parents. This project was conducted to 8 participants who are overweight and was implemented at a duration of 8 weeks. These sessions are online exercises in conjunction with an affordable meal

plan to be given to all participants. After the full 8 weeks, the BMI of the students were taken again for the comparison or result.

This program was implemented among 8 select overweight students who underwent this program to monitor BMI changes over 8 weeks. Having a wellness programs in schools for those students suffering from gaining excessive weight can help them to lessen students who are suffering from it. Surrounding students with opportunities to eat healthy and stay active is a great choice and make a huge impact.

This research utilized the quasi-experimental research design. The proposed program was strictly implemented to ensure the validity and reliability of the study. The study was conducted for 8 consecutive weeks and was monitored by the researcher and a registered nutritionist.

All students who undergo the BMI measurement and get an Overweight result are eligible to participate. Student whose suffering from their weight status can also participate from this kind of research. This study helped them to be more knowledgeable about their health condition most specifically to their body condition. The main target of this study

are those people in adolescents' stage that provides insight into means by which adolescents at high risk for weight gain can be approached to improve experienced quality of life.

Results

After gathering the necessary data, the researcher statistically analyzed them through the help of a statistician. They transcribed the scores of the students, and used the t-test scale to verbally interpret the data. This was conducted to prove the effectiveness of using the intervention as pedagogical way in improving the students' weight lost.

Qualitative and/or quantitative methods used in analyzing the data The statistical formula applied to the research were frequently, percentage weight mean and t-test.

The t-test was used to determine the significance that exist between before and after BMI of the participants after conducting the intervention

After the thorough analysis, the following results are discussed below:

1. Median Score in BMI-BEFORE

The data gathered indicates that there is a need to implement this project. And it demonstrates that there is a greater

possibility of changes that can occur afterwards, and one of them must monitor more than the others. This group of eight students represented the fact that changes must begin within everyone's own discipline.

2. Median Score in BMI- AFTER

The findings clearly illustrate the huge difference in the initial data analysis. This suggests that every participant's involvement in this study was profound. It happens that one student remains overweight due to hereditary factors.

3. BMI Before and After

The evidence confirms the importance and effectiveness of this study. It shows that instilling in them the value of good health and encouraging them to take part in it would help them restore a healthy mind and a healthy life.

DISCUSSION

Project DEFICIT is a training program for young people who gain weight due to poor eating habits and infrequent physical activity. Teenagers really enjoy eating fast food and other quick meals that cause them to gain extra weight. Most of us used to watch and lie in bed due to the pandemic's inactivity. This research aim is to rekindle their interest in engaging in physically demanding activities while

also educating them about healthy eating.

People spent many years at home, which limited everyone's ability to engage in physical activities. As a teacher who could assist them with both their personal and health goals. This project was initially unsettling, and it was difficult to find students willing to participate. The researcher is looking for students who can adhere to the meal plan accurately and, of course, have access to the internet for everyone's virtual workout. Everyone does not have a dependable connection in the Philippines, which would make the session difficult. Thus, they occasionally fall behind and left the session, but they consistently rejoin and make sure the session is completed. Regarding their meal plan, the researcher is extremely glad that it was somehow followed religiously and that their parents were grateful that they didn't have to worry about what to cook or what nutritious food to serve their child.

The researcher is glad to have been able to contribute to their effort and be a part of their journey toward a healthier lifestyle. This underlines how important it is for everyone to be

physically healthy. There is nothing wrong with being unhealthy or having gained so much fat, but being classified as normal is far superior to being overweight. It's great that this research gave them the initiative to become involved with activities both inside and outside of school. I am overjoyed that this study or program aligned them with their ideal BMI, which was a significant change and a step toward becoming healthy individuals.

In the researcher's conversations with project participants, several of them mentioned how the program has helped them grow personally. Additionally, it enhanced not just their way of living but also their mental and emotional well-being. As an outcome, they acknowledge that they won't regret taking part in Project Deficit.

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