

Healthy Lifestyle Program in Malaysian National Service Camp

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Abstract

National Service Training Program is a characters development pl ka. T iel: cMA

Sedentary lifestyles contribute many chronic diseases that cause the loss of productivity in the country. Williams states that modern world teenagers are expected to have a shorter life span because their lifestyles and the development had catalyse the obesity problem worldwide [9]. Hassan et al. [10], states that healthy communities can produce a viable country in terms of productivity and produce calm individuals physically, psychologically and mentally.

In order to face these challenges, the National Service Training Department would like to contribute to build a healthy and prosperous nation. Obese teenagers with body fat problems are increasing and this cause the rising of heart and cardiovascular diseases. National Service Training Program, which a mean to develop youth characters, is a suitable platform to carry out National Service Healthy Lifestyle Program (NSHLP) so that trainees with better character qualities are formed. The implementation of NSHLP among the obese adolescents is expected to solve the healthy lifestyles issues among Malaysians as well as to improve the economic performance and social development of our country.

Methodology

National Service Healthy Lifestyle Program is implemented during the registration of trainees at the National Service Camp. Pre-tests such as height, weight, age, BFP and Body Mass Index (BMI) were recorded using Omron Kradascan HBF 375 with Height Scale. The trainees will follow the interventional program of NSHLP to reduce body weight and the Body Fat Percentage. The physical training activities consist of 18 Low Intensity Activities Training sessions, 40 Moderate Intensity Activities, 14 High Intensity Activities and eight relaxation therapy sessions. These activities conducted continuously to the treatment group for eight weeks. The Heart Rate Monitor i-Sport Model W118

10 years of implementation of the National Service Healthy Lifestyle Program are shown in Table 2 below. The number of trainees involved each year is 144000 and the expected impact of the 22% of trainees who successfully lose weight and BFP is 3168 people. The

implementation of this program for a continuous period of 10 years will involve a total of 144 000 pupils with the expected impact of 31 680 people who will lose weight and BFP. This figure involves the 0.52% of Malaysian population, which records 28 million people.

| No. | Year | No. Involved | No. Accumulated | Impact (22%) | Impact Accumulated |
|------------|-------------|---------------------|------------------------|---------------------|---------------------------|
| 1 | 2014 | 14400 | 14400 | 3168 | 3168 |
| 2 | 2015 | 14400 | 28800 | 3168 | 6336 |
| 3 | 2016 | 14400 | 43200 | 3168 | 9504 |
| 4 | 2017 | 14400 | 57600 | 3168 | 12672 |
| 5 | 2018 | 14400 | 72000 | 3168 | 15840 |
| 6 | 2019 | 14400 | 86400 | 3168 | 19008 |
| 7 | 2020 | 14400 | 100800 | 3168 | 22176 |
| 8 | 2021 | 14400 | | | |

motivation. Combination of appropriate activities, organized workload and enough repetitions are planned by the coach. The implementation of National Service Healthy Lifestyle Program among the obese adolescents is expected to solve the healthy lifestyles issues among Malaysians as well as to improve the economic performance and social development of the country.

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