

HEALTHY LIFESTYLES FOR NZE

In conjunction with the National Healthy Lifestyle campaign, the School of Physical Education (SPE) has been offering two programmes viz the Health Assessment and the 12-week Walking Programme to all staff. The NIE-FIT project as it has been called, is organised and administered by SPE Lecturer, Mrs Helen Gilbey, with the help of a 2nd year student assistant, Mr Chan Ying Kong.

Health Assessment

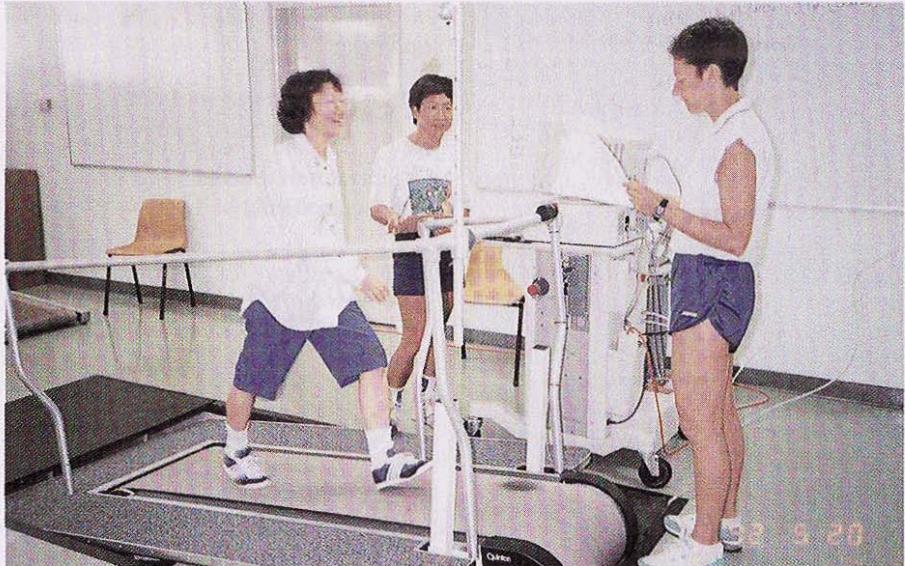
Health Assessment is the first programme. It takes approximately one hour and is conducted in the Exercise Physiology Laboratory at SPE. The assessment includes the following tests :

- height
- weight
- blood pressure
- frame size
- body fat percentage
- calculation of ideal weight
- cholesterol profile (total cholesterol, LDL, HDL, triglycerides and total cholesterol/HDL ratio)
- aerobic fitness test using either the stationary bicycle or the treadmill
- two psychological stress questionnaires
- coronary risk factor index questionnaire

Initially a total of 16 staff signed up for the programme but the programme has proven to be so popular that 31 people have now been tested. Participants are generally tested individually which allows for total confidentiality of results. After all the tests have been completed, feedback and advice are given to each participant with regard to their results. The cost to staff is \$25.00, which is very low considering that a similar test at the Singapore Sports Council or a private hospital could cost from \$150 to more than \$400.

12-Week Programme

The Walking Programme is conducted over a 12-week time span. It involves an initial Health Assessment, followed



Dr Elena Lui, a Senior Lecturer from the School of Education on the treadmill under the close supervision of Mrs Helen Gilbey.

by a 1,600-metre walking test on the track. Based on the results of the test, a suitable walking programme is prescribed. After this period of 12 weeks, a follow-up Health Assessment is conducted to monitor the results.

A total of 23 staff are presently engaged in the 12-week programme and those who began in March are now being assessed.

Our SPE Lecturer, Mrs Helen Gilbey will continue to conduct health assessments on Saturday mornings at the SPE only on an appointment basis. Charges for the two programmes are as follows :

	<u>Single Health Assessment</u>	<u>12-week Programme</u>
NTU/NIE Staff	25.00	50.00
Staff family members/friends/relatives	54.00	100.00

Further to the 12-week walking programme, in order for staff to be made aware of and be reminded of the importance of healthy lifestyles, the School Of Physical Education has formed a new committee called "NIE HEALTHY LIFESTYLES COMMITTEE". This committee looks into health related activities for Staff and students. They have organised several such activities viz a mass walk, a health book display in the library and an exhibition.