

Healthy Lifestyle Program in Malaysian National Service Camp

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National Service Training Program is a characters advancement stage for the Malaysian young people. This program in a roundabout way elevate sound way of life to make a superior learners quality. Solid Lifestyle Program execution among corpulent young people whom followed the preparation program are required to address the issue of sound ways of life among Malaysian and assists with boosting the nation's financial and social presentation. The execution of Healthy Lifestyle Program includes large learners with Body Fat Percentage (male=24 or more; female=36 or more), estimated utilizing Omron Krada Scan HBF 375 with Height Scale. The physical preparing program comprise of 18 Low Intensity Activities, 40 Moderate Intensity Activities, 14 High Intensity Activities Training meetings and eight unwinding treatment meetings ceaselessly for about two months. The Heart Rate Monitor iSport Model W118 HRM watch with chest tie is utilized to screen the pulse when exercise and calories consumed off during the intercession time frame. The examination directed among 2445 hefty students and the outcome demonstrated decline of Body Fat Percentage (BFP) in 425 learners (22.91%). The nonstop usage of this program is relied upon to lessen the weight, BFP and BMI of 31680 corpulent students in 10 years and to offer information to 792 000 Malaysians. The 22% outcome sway includes an aggregate of 174240 individuals who get more fit and BFP effectively, which includes 0.62% of the number of inhabitants in Malaysians. In light of the discoveries, the National Service Healthy Lifestyle Program effectively causes the corpulent learners to get in shape and Body Fat Percentage. The execution of National Service Healthy Lifestyle Program among the fat youths is relied upon to unravel the solid ways of life issues among Malaysians just as to improve the monetary exhibition and social advancement in our nation. Solid way of life is defined as a living practice which carries positive effect on the individual, the family and the network. Solid way of life is required in this difficult present day time since everybody suffers with significant

ailments and stress. Here are numerous moves can be made to accomplish this objective. He inability to receive a sound way of life will result corpulence issues in network. Heftiness is quickly turning into the main source of preventable passing in Malaysia. Diabetes and cardiovascular illness are expanding step by step because of this marvel. Corpulence as a marvel or extreme load among youngsters and adolescents continues expanding the world over at three creases throughout 30 years back Increment in the quantity of fat youngsters and adolescents every year is disturbing among Malaysians and it turns into a hot issue which picks up consideration from all around the globe. One of the elements that add to weight isn't carrying on with a solid way of life particularly in controlling one's eating regimen and the nonattendance of association in physical exercises and occupation stress [6]. Service of Health, Malaysia [2], absence of physical action adds to an expansion in muscle to fat ratio which in the long run prompts corpulence He absence of physical exercises can bring down the lungs' presentation and makes mounted guns be obstructed because of significant level of cholesterol. National Service Healthy Lifestyle Program is actualized during the enlistment of students at the National Service Camp. Pre-tests, for example, tallness, weight, age, BFP and Body Mass Index (BMI) were recorded utilizing Omron Krada Scan HBF 375 with Height Scale. He students will follow the A pilot study to assess the effectiveness of the Healthy Lifestyle Program using the quasi experimental design is conducted at two selected National Service camps.interventional program of NSHLP to diminish body weight and the Body Fat Percentage. He physical preparing exercises comprise of 18 Low Intensity Activities Training meetings, 40 Moderate Intensity Activities, 14 High Intensity Activities and eight unwinding treatment meetings. Hese exercises directed ceaselessly to the treatment bunch for about two months. He Heart Rate Monitor I-Sport Model W118 HRM watch with chest tie was utilized to screen the pulse



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Vol.1, Issue.4(No.1) Extended Abstract Journal of Obesity and Metabolism 2019 previously and Dier exercise and calories consumed of during the mediation time frame. Sier the pilot study and improvement in certain perspectives, National Service Healthy Lifestyle Program was actualized in 81 National Service camps in the year 2013. He study tests comprised of 2445 hefty learners chose everywhere throughout the nation (Figure 1). Subjects' are required to experience preparing Healthy Lifestyle Program for about two months. During the program, food menu is constrained by the National Service Training Department in which the quantity of calories expended is same for each camp

This is on the grounds that the contribution of networks and associations to defeat corpulence may help in the expansion of self among students to attempt to do exercises that are given so as to shed pounds [13], clarifies that the mentor assumes a significant job in getting in shape contrasted with solitary officers. Consolation from the mentor, corpulent learners will raise their spirits and addition their self inspiration. Mix of proper exercises, sorted out outstanding task at hand and enough reiterations are arranged by the mentor. He execution of National Service Healthy Lifestyle Program among the large young people is required to comprehend the solid ways of life issues among Malaysians just as to improve the financial exhibition and social advancement of the nation.

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