

Task: To evaluate an individual's lifestyle with regard to their physical activity (or lack of) and propose solutions to physical activity problems that may exist for them and others in the community.

The purpose of this case study is to evaluate an individual's lifestyle with regard to their physical activity levels and to propose solutions to physical activity that may exist for them or others in the society. The interview conducted for this case study was through a FaceTime call Whatsapp messages as my interviewee is in an alternate country. The responses of the interview questions were electronically recorded as the interviewee orally responded to my questions.

Physical activity is an essential part of any person's daily life in order to maintain a healthy and active lifestyle. But many people would ask, "is physical activity only sports?" Well no. According to the National Heart, Lung and Blood Institute, physical activity is any body or muscle movement that requires energy. (NIH, 2011) Other than exercise such as swimming, running, yoga or other sports, everyone is completing physical activity each day whether they know or not. Basic and simple routines such as walking to school, walking up the stairs, or even just doing chores is also a type of physical activity. There are many physical, emotional and even social benefits of physical activities. It can help prevent chronic diseases such as cardiovascular diseases, osteoporosis as well as diabetes. Physical activity also benefits the human body by strengthening and maintaining healthy bones, muscles, joints, body weight, and posture. Physical activity is also an essential part of rehabilitation exercises. Other than physical health benefits, there are also many mental health benefits of physical activity, It can improve a persons self esteem as well as an effective way of releasing your emotions and stress to prevent the chances of depression and other mental diseases. Another benefit of physical activity is it's advantage in the society. Participating in physical activity can increase your social network as it would provide you with more opportunities to socialize with different people as well as building up your support network. Physical activity also benefits yourselves as it would increase our self confidence, thus improving our communication skills with others. (Symth, D, Brown, H et al, 2011)

Most importantly, physical activity may not necessarily be very time consuming as long as we have good planning and time organizations. The American Heart Association recommends 150 minutes of aerobic activity at a moderate intensity which only requires 20-25 minutes of exercise per day for adults between the age of 18 to 64. (American Heart Association, 2013b) Physical activity can be incorporated into an adult's lifestyle through transportation, leisure time, chores, occupation or exercise. As children have more time as then do not need a specific routine or training to achieve the amount of physical activity required, they are recommended 60 minutes of physical activity daily which is double the amount for adults. This is easier for them to achieve as many sports, form of transportation, recreational and educational activities will be able to fulfill this requirement. (Health Organization, 2011) According to Russell Pate, Ph.D., professor in the Department of Exercise at the University of South Carolina, "Building physical activity back into our daily lives is one of the great public health challenges of this century," (American Heart Association, 2013a)

From my interview session with a boy aged 16 living in Malaysia, he is an extremely physically active individual who is extremely fit in terms of his health and physical conditions. Evidence of this is his commitment to 13 hours (780 minutes) of high intensity training in competitive swimming and fitness training such as running, core training and resistant training. As Malaysia is a tropical country, he is able to maintain this amount of

physical activity throughout the year without the barrier of climate change. His main motivation to maintain this amount of sport throughout the year to maintain his performance in competitions and the feeling of accomplishment after improvement and achievement. Although swimming and fitness training is an individual sport, he also has the motivation to swim in order to socialize with friends outside of the school environment at various age groups as he trains in a swimming team. He also does sports in order to maintain his fitness level and body shape. The main influence that led him to begin swimming is his parent's decisions, but he gradually began to enjoy his time swimming in a team as it helps to broaden his social network by connecting people with different background, age, experiences together with a common goal. Another influence that allowed him to be so physically active throughout the years in his family's support towards him. Other than economical support towards his activities, his family also sacrifice their time to send him to and fro from training, as well as accompany him to competitions for support. In my opinion, peer support is one of the major factors for his persistence in swimming.

Another type of physical activity he commits to throughout the year is walking approximately 30 minutes daily and physical education lessons in school for 3 hours a week. Such physical activities are carried out at a moderate intensity which would be much easier and enjoyable in comparison to the intensity of swimming and fitness training. His influence to comply to such physical activities is due to the location of his house and school. As he lives relatively close to the school and the traffic is often dreadful during busy hours, he is forced to walk to school. He does so with his sister, which adds a positive influence to his relationship with his sister due to the extra bonding time. He attends PE lessons as it is a compulsory part of his school curriculum, but also because it is a good opportunity for a break from normal lessons sitting in a classroom. Instead, he can move around and enjoy his time with friends which is relaxing and helps him regain his concentration for work.

The main barrier for him to commit physical activity is the lack of time, academic stress, injuries and weather. As he gradually closes upon form 5 and university, the stress of academic stress has reached a limit. The many assessments that builds up each day is the main barrier to his training. As academic studies is an extremely important part of future, he chooses to complete his work at a high quality which is more time consuming and often prevents him from attending training each day. Another aspect of time issues is the time wasted during preparation and transport for sports each day. As he lives far from the pool and trains during the evening where traffic is very busy, it takes approximately 4 to 5 hours to complete a 2 hour training which is very time consuming and a lot of time is wasted. The hectic schedule also prevents him from concentrating on his studies which would leave a negative influence to his grades. The location of his training in relation to the weather of the country is also very essential as he is not able to train during bad weather in the outdoor pool he trains in. The final factor that prevents him from high intensity physical sports is his injury. A persisting long term shoulder injury has prevented him from participating in high intensity upper body activities such as fitness training like push ups and weight training. Cost has not proved to be an extremely large barrier to his physical activity as the monthly fees of his training his very low. The gear of swimming is more expensive, but it is not a barrier to sports as each piece of equipment or swimming suit can be used over a long period of time.

From the results of the evaluation, his physical activeness levels in terms of intensity, duration and frequency is excellent, but there are still areas of improvement for his organization and time management. These issues not only exist for him, but is often

the excuse of many inactive people in the society. A solution to this issue can be an individual base approach. The first action to be taken is to create a time schedule for your work and activities in order to evenly distribute his time for work evenly. In order to do so, it is important for him to first gather all the dates and times that there would be activities of sports. It is important that he makes sure that there is no overlapping in schedule. By making a weekly or monthly chart with the hours of the day, it is easy to consider when you have time when you sign up or other activities and bookings. It is important that he evaluate the amount of time he would need to for his studies and revision each day and adjust the timetable accordingly. Another option to replace a print out timetable can be planners and calendar on his smartphone and devices as it is more convenient and environmental friendly. Another individual approach to solve his issue would be to evaluate the worthiness of the activities in both academic and active sense. As there is not enough time to commit to all the activities, a possible solution for his would be to reduce the amount of physical activities to the recommendation issued during exam periods and days with heavy workload. This would not affect his health or fitness level too much as he is currently committing to an amount of physical activity that exceeds the recommendation by a lot. A setting based approach to time management issue can be to choose a closer swimming pool for training. This would reduce the unnecessary time wasted during transportation. Another solution for the time wasted stuck in traffic jams during the journey would be to travel to the pool by forms of transportation that does not meet traffic such as the train and walking. By doing so, he can also incorporate some of the physical activity that he has missed due to the lack of time into his daily schedule by using his time constructively. An additional setting based approach to the issue would be to acquire the school's support. It may be possible to request an extension for his assessments if there is a competition or other activity that prevents him from completing his assignment. By doing so, he must provide sufficient evidence and clearly explain why he did not have enough time to complete his work before or after the activity.

In conclusion, the amount of physical activity is excellent and sufficient to maintain a healthy lifestyle, but it would not be an effective solution for other who have the issue of physical inactivity. This amount and intensity of physical activity can easily lead to injuries for beginners or individuals with less experience and skills in this field. As an alternative, individuals who would like to become more physically active can adapt the moderate intensity activities in his lifestyle such as walking to school which is efficient and also easy to achieve on a long term basis. A setting based approach I would propose to individuals who wish to take on the challenge of becoming more physically active is based in the school and community setting. The school can provide more opportunities within extra-curricular activities other than sport teams which require a high level of skills and discipline. The school can propose physical active recreational activities that does not require much skills such as frisbee as well as including physical activities in subjects other than PE. This would also have a positive influence on student's learning for students who are kinesthetic learners. Another setting based approach can be supported by the government. The government can provide opportunities that would encourage their citizens to actively participate in activities. A good strategy to do so would be Hong Kong's government's sport for all day which provides free public sporting facilities for everyone on a particular weekend. This is an effective approach to advertising the importance of physical activeness.

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Appendix

Interviewee: Age 16 boy living in Malaysia, Kuala Lumpur
Interview Questions and Answers

❖ How many hours of physical activity do you do each week?

As I am a swimmer I complete 2 hours of high intensity training 5 times a week as well as 1 hour 30 minutes of high intensity physical training including running, core training and resistant training) 2 times a week. I also walk to and from school as well as up and down the stairs at school which would equal to approximately 30 minutes each day. I also attend the school's compulsory physical education lessons 3 times a week, each lasting 1 hour.

❖ How much time does the traveling/preparation time of your physical activity consume?

I live quite far away from the pool I train in which takes approximately 30 minutes of car ride to get there, often an hour during traffic jams as I train in the evening. I also have to eat dinner an hour before training as well as pack and unpack my gear. The whole process takes proximately 4 to 5 hours.

❖ State the intensity of your physical activity.

The intensity of my swimming training and physical training is carried out at a high intensity. The physical education lessons attended in school is carried out at a moderate intensity whilst physical exercises carried out within my daily life such as walking is carried out at a low intensity.

❖ What type of physical activity do you do?

I do swimming, running, fitness training and walking.

❖ Where do you do your physical activity?

The most common area where I carry out physical exercise is in the pool or around the poolside. I also do physical exercise at the school's basketball courts and on my journey to school.

❖ What are the limiting factors that prevents you from doing sports each week?

Sometimes there is too much homework and assessments so I cannot go to training as I would not be able to finish my work if I do so. I also skip swimming during exam periods as I need to focus on revision. Sometimes, I do not attend training as I have other activities arranged or time clashes. I also skip training or do not walk to school when I am too tired or sleepy. One of the less often factors that stops me from training is weather. As I train in an outdoor pool, thunderstorms and rainstorms often prevent me from training or walking to school as Malaysia rains very often. I also reduce in the intensity of my training at times due to a persisting shoulder injury.

❖ What are the costs of your physical activities?

The cost of our monthly fees for our swimming club is only RM150 (approximately HKD \$375). The most expensive part of swimming is our gear. Normal training suits cost around RM100 each (HKD\$250) but race suits we use during competitions can cost up to approximately RM1500 (HKD\$3750) each. I personally possess 5 pieces of competition suits at various prices and many training suits. There are also the costs of other swimming equipment such as caps, goggles, kickboards, pullboys, fins, paddles, tempo trainers, net and dry bags, etc. which is cheaper than the suits.

❖ What is your motivation to physical activity?

My motivation towards physical activity is to maintain my fitness level, for a better body shape, to see and enjoy my time at training with my friends, to maintain and improve my performance for competitions, and the feeling of accomplishment and confidence achieved through swimming as I have received many awards through swimming.

❖ Who do you do your physical activity with?

I train with a big group of teammates from my swimming team during swimming and walk to school with my sister. I attend physical education class with the rest of my classmates and friends.

❖ Why did to begin to do your physical activity? (Factors and influences)

I began swimming when I was very young under the influence of my parents. I soon began to enjoy swimming after I learnt how to float in the water which helps me relax and exercise.