

Hypothesis: Fit2BeKids helps kids lose weight.

Abstract: From January 2016 to December 2016, out of 53 case studied children participating in the Fit2BeKids physical activity programs at the park, most, if not all, Saturdays they attended, all children improved in at least three of the six categories; whereas eleven children had successfully improved in all six. Gender, age, height, weight, BMI, RHR, THR, chest size, bicep size, waist size, hip size, thigh size, calf size, maximum push-ups, maximum sit-ups, maximum step-ups, and sit-n-reach were recorded in January 2016 and December 2016. In this study, mean BMI, mean RHR, mean THR, mean push-ups, mean sit-ups, and mean step-ups were analyzed to show a fluctuation of physical health from January 2016 to December 2016. Other measurements were omitted to reduce inaccuracies caused by the individual growth patterns of the participants.

Figure 1-6: Mean BMI, mean RHR, mean THR, mean push-ups, mean sit-ups, and mean step-ups are depicted in figures 1-6.

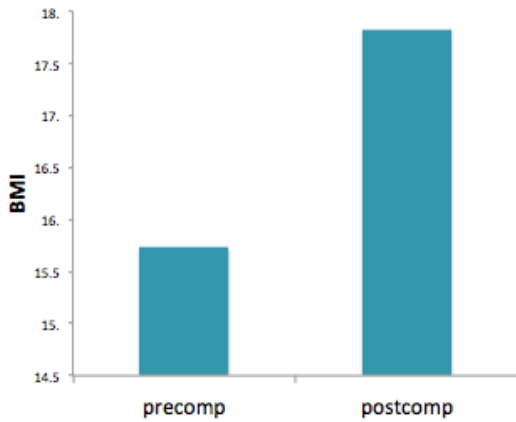


Figure 1: Figure 1 depicts mean BMI change in January 2016 and December 2016. (n=11)

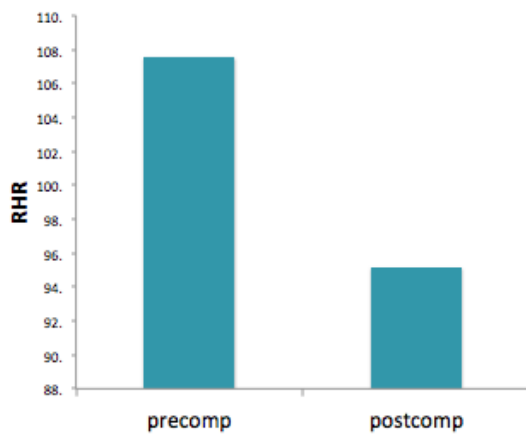


Figure 2: Figure 2 depicts mean RHR change in January 2016 and December 2016. (n=11)

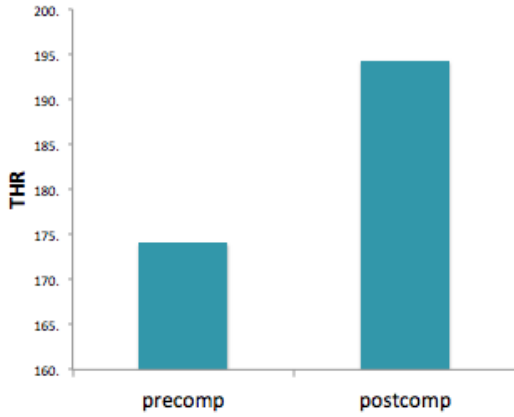


Figure 3: Figure 3 depicts mean THR in January 2016 and December 2016. (n=11)

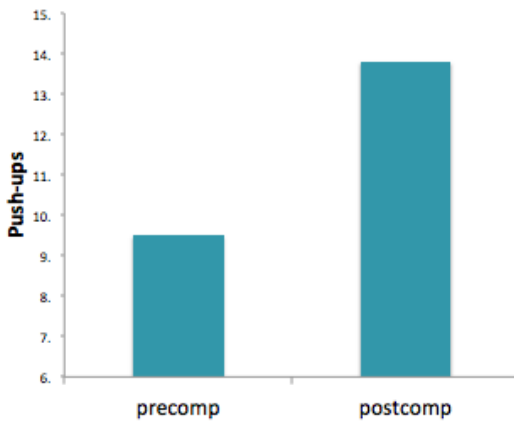


Figure 4: Figure 4 depicts mean amount of push-ups participants could complete in January 2016 and December 2016. (n=11)

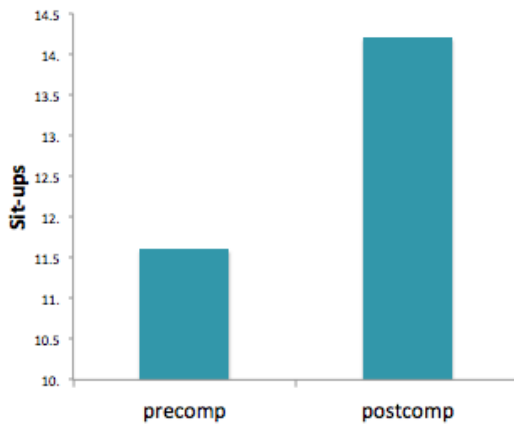


Figure 5: Figure 5 depicts mean amount of sit-ups participants could complete in January 2016 and December 2016. (n=11)

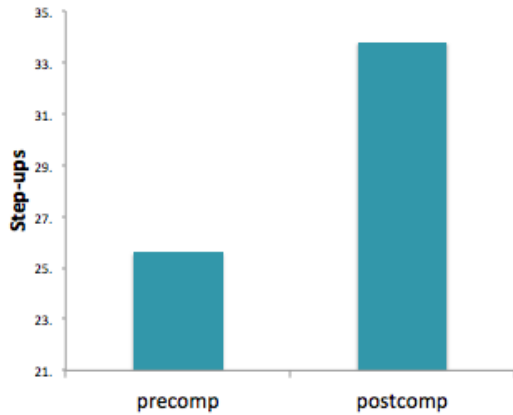


Figure 6: Figure 6 depicts mean amount of step-ups participants could complete in January 2016 and December 2016. (n=11)

Results: Data collected suggests that children who participated in the Fit2BeKids physical activities on Saturdays from January 2016 to December 2016 gained physical health as a result of participating regularly. The hypothesis that Fit2BeKids helps kids lose weight is supported by these findings.