



Republic of the Philippines
Benguet State University
NATIONAL SERVICE TRAINING PROGRAM
La Trinidad, Benguet 2601



A HEALTHY ENVIRONMENT FOR
A HEALTHY LIVING

A Project Output Submitted to the Faculty of National Service Training
Program in Partial Fulfillment of the Requirements
in NSTP-CWTS for SY 2018-2019

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS 1B
Course and Section

LUZ T. SALES
NSTP Instructor

April 2019

I. TITLE: A Healthy Environment for a Healthy Living

II. INTRODUCTION

A. Rationale

Environmental issues are one of the greatest problems being faced by the community today. Being the youths of today, it is one of our responsibilities to be aware of the society's problems and lead in solving them so we, the students of BSND 1B, are proposing a project entitled ***"A Healthy Environment for a Healthy Living"*** that we hope to conduct within the BSU campus. This project aims to help in aiding environmental and health problems through short warm-up exercise and proceeding to jogging while picking garbage along the way. This will help the participants to be more aware and conscious of their physical health and the importance of keeping the surroundings clean.

Recently, the number one health trend among young people is weight loss. A lot of people are getting conscious and concerned about the increase in their weight and their body shape which is not "desirable" according to what society dictates thus leading them to lessen their food intake or skip meals every now and then with the wrong notion that eating less or skipping meals will decrease their weight and help them achieve what they believe is "beautiful". They are either misled or unaware that what they are doing is unhealthy and is giving them more harm than good. As Nutrition and Dietetics students, we are taught not to recommend these types of eating habits as a solution to lose weight. That's why we came up with a proposal that would promote physical fitness through healthy lifestyle and accompanied by an activity which is helpful to our environment.

The younger generations are becoming less and less appreciative and careful of our planet and often forget that our home is a finite place and our open indifference will contribute to its rapid decline. It is one of the reasons why it is important to remind all of us of its value that is often taken for granted. With the exercise and jogging activity, people will be encouraged to join because of its health benefits and the idea of environmental contribution. These activities will also help create a stronger bond between classmates and friends by giving them the opportunity to interact and spend more time with each other. This activity will be undertaken on the following dates, March 29 and April 5, 2019. It is a two-session activity starting from 6:30 AM and ends at 7:30 AM. The starting point of the activity and warm up exercise location is at BSU gymnasium. The jogging will end at the "ukay-ukay" stalls near the Animal Science Building where the collected garbage will be fixed.

B. Objectives

B.1 General Objectives

1. To promote a healthy lifestyle for everyone.
2. To promote a clean environment for the students and the university as a whole.
3. To increase the awareness of the people regarding the importance of health and the cleanliness of the environment.

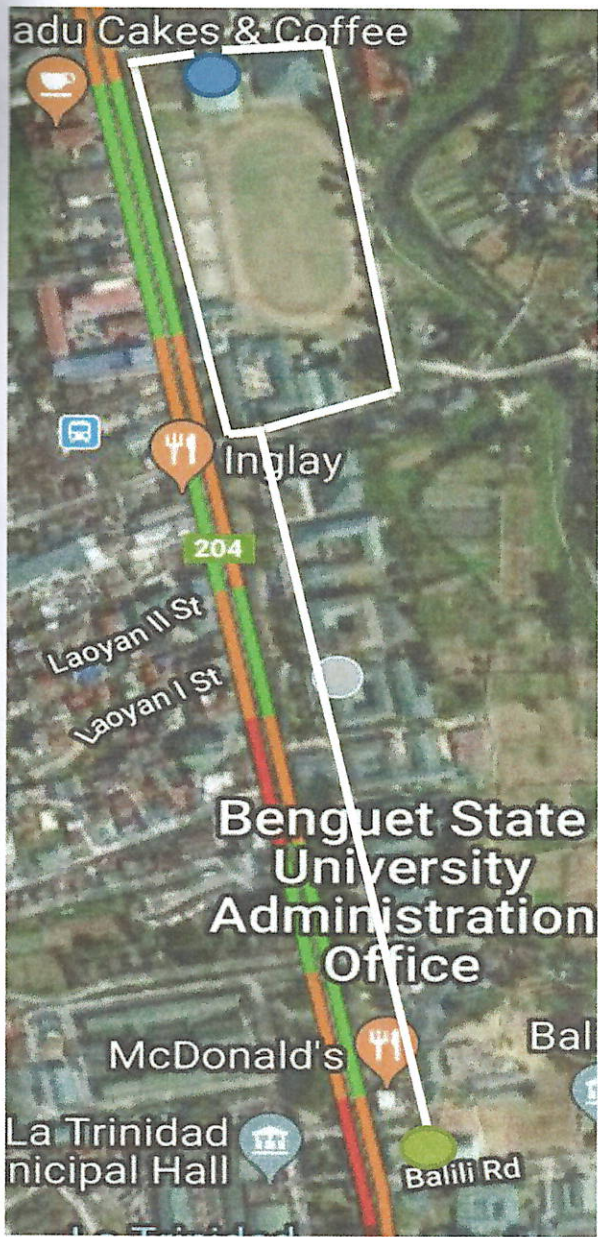
B.2 Specific Objectives

1. To pick up garbage littered around the school campus.
2. To help the participants realize the benefits of exercise not only to their health but also staying in good shape.
3. To create an opportunity for the participants to establish a closer relationship with each other.

C. Project Locale and Population

The project will be conducted at Benguet State University Main Campus, La Trinidad, Benguet. It is open to all interested individuals and will be held at the BSU Closed Gymnasium. The activities will start with a registration of participants at 6:30 AM and will end at 7:30 AM then the jogging will follow. In front of the "ukay-ukay" stalls, the garbage collected will be fixed.

D. Site Map



- Legend:
- Starting Point
 - End Point
 - Jogging Route

E. Linkages

Name of the Group	Functions
1. Benguet State University	Serves as venue/ location of the activity
2. BSU-NSTP	Provides materials needed for the activity

IV. PROJECTED BUDGETARY REQUIREMENT

Material or Item	Quantity	Unit	Cost Per Unit	Total
Hydrogen peroxide	1	Bottle	P 25.00	P 25.00
Bandage gauze	1	Roll	P 20.00	P 20.00
Cotton balls	1	Pack	P 60.00	P 60.00
Garbage bag (small size)	2	Rolls	P 40.00	P 80.00
Plastic hand gloves	1	Pack	P 60.00	P 60.00
Sanitary Pad	1	Pack	P 25.00	P 25.00
Alcohol	1	Bottle (250ml)	P 40.00	P 40.00
Overall Total				P 310.00

V. FUND SOURCING MECHANISM

A. Fund Raising Activity

Activity	Date/s of Implementation	Person Responsible/Committee	Expected Income/Output
2. Class Fund from the Payment of Bookmark	March 19, 2019	Angelle Grace Atas (Class Treasurer)	P 430.00

B. Sponsorship and Donations

Name of Person or Entity	Date	Amount/ Kind
1. BSU-NSTP	March 29, 2019 April 5, 2019	Materials/ facilities to be used, namely: <ul style="list-style-type: none">• Speaker• Lapel

VI. PROJECT PROPONENTS

The advocates or implementers of the proposal are the first year students from the Bachelor of Science in Nutrition and Dietetics (BSND) 1, section B led by:

- Pearl Louise Cay-ohen
- Juliet Malidom
- Cenia Sibayan
- Rejean Solano
- Krae Mae Tiri
- Shannadine Wong

VII. PROGRAM OF ACTIVITIES


A. Preparation

Activity	Person Responsible	Time Frame	Expected Output
Planning	Cenia Sibayan	January 23, 2019 (5:00-6:00pm)	The site of the project will be held at the BSU main campus
Site Visit	Krae Mae Tiri	January 24, 2019 (1:00-3:00pm)	Garbage are seen everywhere
Preparation of Waiver	Rejean Solano	March 21, 2019	Waiver is done
Creation of Committee	Pearl Louise Cay-ohen	February 4, 2019	<ul style="list-style-type: none">• Program and Communication• Logistics• Errand• Finance and Record• Documentation
Creation of Itinerary	Cenia Sibayan	February 18, 2019	Planned the places where the activity will be undertaken
Identification of Needs	Krae Mae Tiri	February 15, 2019	<ul style="list-style-type: none">• Hydrogen Peroxide• Cotton Balls• Gauze bandage• Speaker• Garbage Bag• Plastic Hand Gloves• Lapel• Sanitary Pad• Alcohol
Purchasing of Materials Needed	Shannadine Wong	March 15, 2019	Materials are bought
Preparation of Instructional Materials	Rejean Solano	March 28, 2019	The materials needed were printed and prepared for the activity


B. Project Implementation

Time		Person/s Responsible
6:30 – 6:40 AM	Arrival and signing of registration	Krae Mae Tiri Juliet Malidom
6:40 – 7:00 AM	Exercise	Bryan Sam Palaruan
7:00 – 7:10 AM	Jogging while picking of garbage along BSU campus	All Participants
7:10 – 7:40 AM	Short Break and fixing the collected garbage	Supervised by the male participants
7:40 AM Onwards	Signing Out	Krae Mae Tiri Juliet Malidom


Proposed:



Pearl Louise Cay-ohen



Cenia Sibayan



Krae Mae Tiri



Juliet Malidom




Rejean Solano



Shannadine Wong


Noted:



LUZ T. SALES

NSTP Instructor

Approved:



Dr. BRYANT O. BOTENGAN

NSTP Director



"A Healthy Environment for a Healthy Living"

LIVE HEALTHY CLEAN

JOIN US in promoting
a healthy lifestyle through
jogging while helping
in maintaining the
cleanliness of our
surroundings by picking
up trashes.



MARCH

29

and

APRIL

05

FRIDAY

6:30 AM

@ the BSU
Covered
Court

inclusive with a
warm up
activity
before the jog