

Analysis of the impact of the healthy lifestyle online program for maintaining physical fitness and health during the COVID 19

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Summary:

The purpose of the paper was to present the analysis of the impact of the healthy lifestyle online program for maintaining physical fitness and health during the COVID 19. The sample represented 200 male and female students, who were in the school year 2020-21 regularly enrolled in the five grammar schools in Ljubljana. Program lasted 12-weeks. Before and after the program we performed measurements of standardized anthropomorphic and fitness tests. A questionnaire was used to check the effect of the program on lifestyle components and the health-related behaviour (Majerič, 2015). Data was processed using the SPSS for Windows program. We found that the 12-week program had a positive effect on anthropometric variables, and that the results in fitness tests which measure strength, flexibility and overall endurance were improved. The program also had a positive effect on the evaluation of lifestyle components and on health-related lifestyle attitudes. We checked all this at the level of 5% of statistical significance ($p \leq 0,05$). Due to the positive effect of this program, we suggest also to other teachers and experts to implement such and similar programmes to students. This is especially recommended, because with such programs we can ensure adequate physical activity even during the implementation of measures, such as restricting physical activity during COVID19.

Key words: analysis healthy lifestyle, online program, effect, fitness, health, students.