

The motivation of knowing

Powerful data ignites change in attitudes and behaviour towards exercise and nutrition in school

Access to technologically-advanced real-time body composition analysis is helping a Tyne and Wear school increase fitness participation, and improve attendance and examination results, as it accurately identifies the physical needs of students that may otherwise go undetected.

Monkseaton High School is one of the first schools to use the InBody Analyser, a body composition tool that provides whole body statistics which go beyond standard height and weight. Using this data, the school has developed a range of programs and interventions to help reshape behaviour towards exercise and nutrition, for a holistic approach to the welfare of its students and the wider community.

"The first time we used the InBody analyser, it showed us that around 10% of our students were malnourished. That obviously sparked major concern. At Monkseaton, we put our students first and are constantly seeking new ways to improve our students welfare, on a physical, psychological and social level," says Head Teacher, Paul Kelly.

The results we get from the InBody Analyser provided a real catalyst for change, helping us implement successful programs to improve our students' lives."

Monkseaton High School's health program engages all students, teachers and parents to encourage healthy lifestyle changes. When the level of malnutrition amongst students was revealed, health advisors and a dedicated team of tutors set up a cooking club and events involving local chefs, to help educate pupils about healthier eating.

The school also worked with the local health authority to improve the quality of the school's food and have developed educational literature on the importance of fitness and nutrition which both students and parents can access.

The level of data offered by the InBody analyser acts as a powerful motivational tool, challenging students to achieve their health and fitness goals. Ethan is one such student who is achieving results he once thought may be unobtainable.

Diagnosed with obesity at 15, Ethan lost 20 pounds in six weeks, by following a personalised fitness program and monitoring his progress through regular assessments on the InBody analyser.

Ethan says it was helpful to know that even in those weeks where he gained weight, the InBody Analyser showed him he was losing fat and gaining muscle, resulting in a positive overall improvement in body composition.

"Since we introduced the InBody Analyser, not only have we increased fitness participation, but we have also noticed an improvement in examination results and attendance levels. While first and foremost this is a health tool, the results we have seen have demonstrated the profound connection between wellbeing and performance," says Mr Kelly.

"Overall, it has been a great investment and something all schools who want to take a holistic approach to their students' and community's welfare should consider investigating."

Monkseaton High School's experience shows that innovative technologies such as the InBody analyser can help change the direction of education, leading to new programs that directly influence students' lives and future opportunities.

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