Nutrition and Exercise: Best of Both Worlds

Jacob Allen Burns  
*Otterbein University*, jacob.burns@otterbein.edu

Lukas Swysgood  
*Otterbein University*, lukas.swysgood@otterbein.edu

Trenton Antonaros  
*Otterbein University*, trenton.antonaros@otterbein.edu

Follow this and additional works at: [https://digitalcommons.otterbein.edu/syest](https://digitalcommons.otterbein.edu/syest)

Part of the Exercise Science Commons

Recommended Citation  
Burns, Jacob Allen; Swysgood, Lukas; and Antonaros, Trenton, "Nutrition and Exercise: Best of Both Worlds" (2016). *Senior Year Experience Student Projects*. 12.  
[https://digitalcommons.otterbein.edu/syest/12](https://digitalcommons.otterbein.edu/syest/12)

This Project is brought to you for free and open access by the Student Research & Creative Work at Digital Commons @ Otterbein. It has been accepted for inclusion in Senior Year Experience Student Projects by an authorized administrator of Digital Commons @ Otterbein. For more information, please contact digitalcommons07@otterbein.edu.
Nutrition and Exercise: Best of Both Worlds

Lukas Swysgood, Trenton Antonaros, Jake Burns
Rationale

• Goal: To further develop at home skills for the Best of Both Worlds community.
• Focus: Nutrition and Fitness that can be done at home.
• Advised the students on healthy food substitutes
• Introduced resistance band exercises that do not require much space
• We also spoke on portion size and how to pack effectively
Project Description

• Identify the needs of our target community
  – Nutrition refresher and Fitness Tips
• We worked in conjunction with the Best of Both Worlds program director Andrea McDonough
• Our community stakeholders included Andrea and her assistants as well as the students
What We Did

• Conducted a quick in person question session with the students to assess their prior knowledge, we did this verbally as a group
• Presented an easy to read PowerPoint to engage the students while actively asking questions
• Did hands on participation driven exercise demonstrations
Evidence

• Sadly we did not take pictures during the presentation
• Andrea was not able to attend but we were accompanied by the students and program assistants Mary Ann and one of my (Trenton) former history teachers from high school Mrs. Wodell
• The students introduced themselves afterward and continually thanked us for coming
Results

• Conducted a post presentation question session based on the PowerPoint
  – Group based survey to see knowledge retained
• Asked them to demonstrate their favorite exercise
  – Anna really liked working with the resistance bands to do squats
• Asked what they liked about the Presentation.
  – Many of the students told us they love to lift weights and be active, as well as thanked us for the helpful tips on eating healthier
Deviations

• We originally wanted to direct this program towards elementary school kids
• Our timeline was delayed due to this transition to the BOBW program
Legacy

• Left a binder filled with at home exercise lists that gives visuals
• Nutritional Information
  – Healthy Food Alternatives
• Questionnaire with basic nutrition and fitness questions
<table>
<thead>
<tr>
<th>Abs</th>
<th>Quads</th>
<th>Glutes</th>
<th>Triceps</th>
<th>Biceps</th>
<th>Back</th>
<th>Chest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit-ups</td>
<td>Lunges</td>
<td>Squats</td>
<td>Close grip push-ups</td>
<td>Leg curls</td>
<td>Pull-ups</td>
<td>Push-ups</td>
</tr>
<tr>
<td>Reverse crunches</td>
<td>High knees</td>
<td>Donkey kicks</td>
<td>Tricep dips</td>
<td>Chin-ups</td>
<td>Elbow lifts</td>
<td>Plank rotations</td>
</tr>
<tr>
<td>Bicycle crunches</td>
<td>Turning kicks</td>
<td>Bridges</td>
<td>Tricep extensions</td>
<td>Doorframe rows</td>
<td>Superman</td>
<td>Chest squeezes</td>
</tr>
<tr>
<td>Flutter kicks</td>
<td>Climbers</td>
<td>Jump knee tucks</td>
<td>Get-ups</td>
<td>Body rows</td>
<td>Star plank</td>
<td>Shoulder press</td>
</tr>
<tr>
<td>Leg raises</td>
<td>Plank jump-ins</td>
<td>Fly steps</td>
<td>Punches</td>
<td>Sitting pull-ups</td>
<td>Alt arm/leg plank</td>
<td>Shoulder taps</td>
</tr>
<tr>
<td>Elbow plank</td>
<td>Lunges step-ups</td>
<td>Side leg raises</td>
<td>Side-to-side chops</td>
<td>Pseudo planche</td>
<td>Full arch</td>
<td>Clapping push-ups</td>
</tr>
</tbody>
</table>
Effect

Jake: I have never worked with students with special needs and was overwhelmed with how much they value a healthy lifestyle.

Trenton: It was a very good experience to see how excited and involved the students were, and was very happy that they were eager to learn. Also their knowledge base was already great in the subject.

Lukas: It was an awesome experience to work with such an excited audience that was eager to learn and get involved.