

# **DOES EXERCISE IMPROVE ACTIVENESS?**

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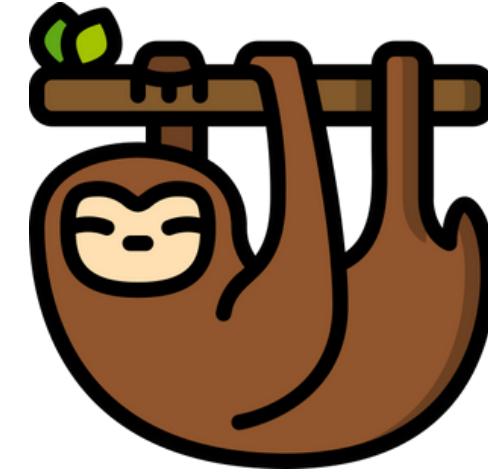
# DURING THE PANDEMIC, YOU MAY FACE...



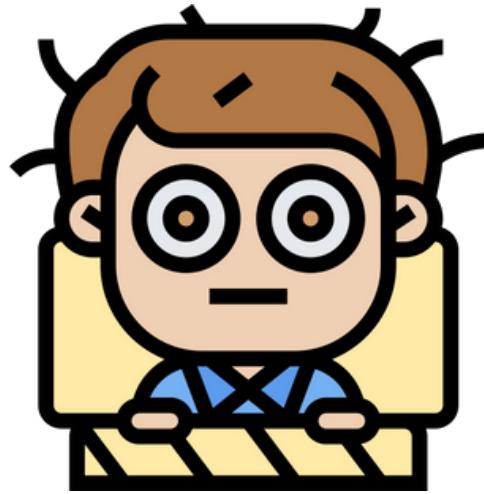
Gain Weight



lazy



Insomnia



anxiety



# DATASET: kaggle



AROOJ ANWAR KHAN · UPDATED 4 YEARS AGO

◀ 62 ▶

New Notebook

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## Fitness Trends Dataset

A dataset of fitness trends and how they change with exercise



Date

Step Count

Calories Burned

Mood

Hours of Sleep

Feeling or A-/Ina-ctiveness

Weight

# DATA VARIABLES

Variable	type	Definition
Date	date	2017/10/6~2018/1/9 (Year-Month-Date)
Step_Count	num	Step Count
Calories_Burned	num	Calories Burned
<b>Mood</b>	<b>num</b>	<b>100(sad), 200(neutral), 300(happy)</b>
Hours_of_Sleep	num	Hours of Sleep
<b>bool_of_active</b>	<b>num</b>	Feeling or Activeness or Inactiveness <b>500(active), 0(inactive)</b>
weight_kg	num	Weight

# DEFINITION

## as.factor()

```
> summary(ft)
   date      step_count     mood    calories_burned hours_of_sleep bool_of_active weight_kg
Length:96      Min.   : 25   100:29      Min.   : 0.00   Min.   :2.000    0   :54        Min.   :64.00
Class :character 1st Qu.: 741  200:27      1st Qu.: 21.75  1st Qu.:4.000  500:42        1st Qu.:64.00
Mode  :character Median :2988  300:40      Median : 96.00  Median :5.000                Median :64.00
                           Mean  :2936      Mean  : 93.45  Mean   :5.219                Mean  :64.28
                           3rd Qu.:4546      3rd Qu.:149.25 3rd Qu.:6.000                3rd Qu.:64.00
                           Max.  :7422      Max.  :243.00  Max.   :9.000                Max.  :66.00
> |
```

## Wilcoxon:

It does not depend on the specific form of the population distribution and can be applied regardless of the distribution of the object being studied.

# WILCOXON-MANN-WHITNEY TEST

**Hypothesis:** Does step count improve feelings of active?

Variable	type	Definition
Y	numeric	step_count
X	categorical	bool_of_active

## Results:

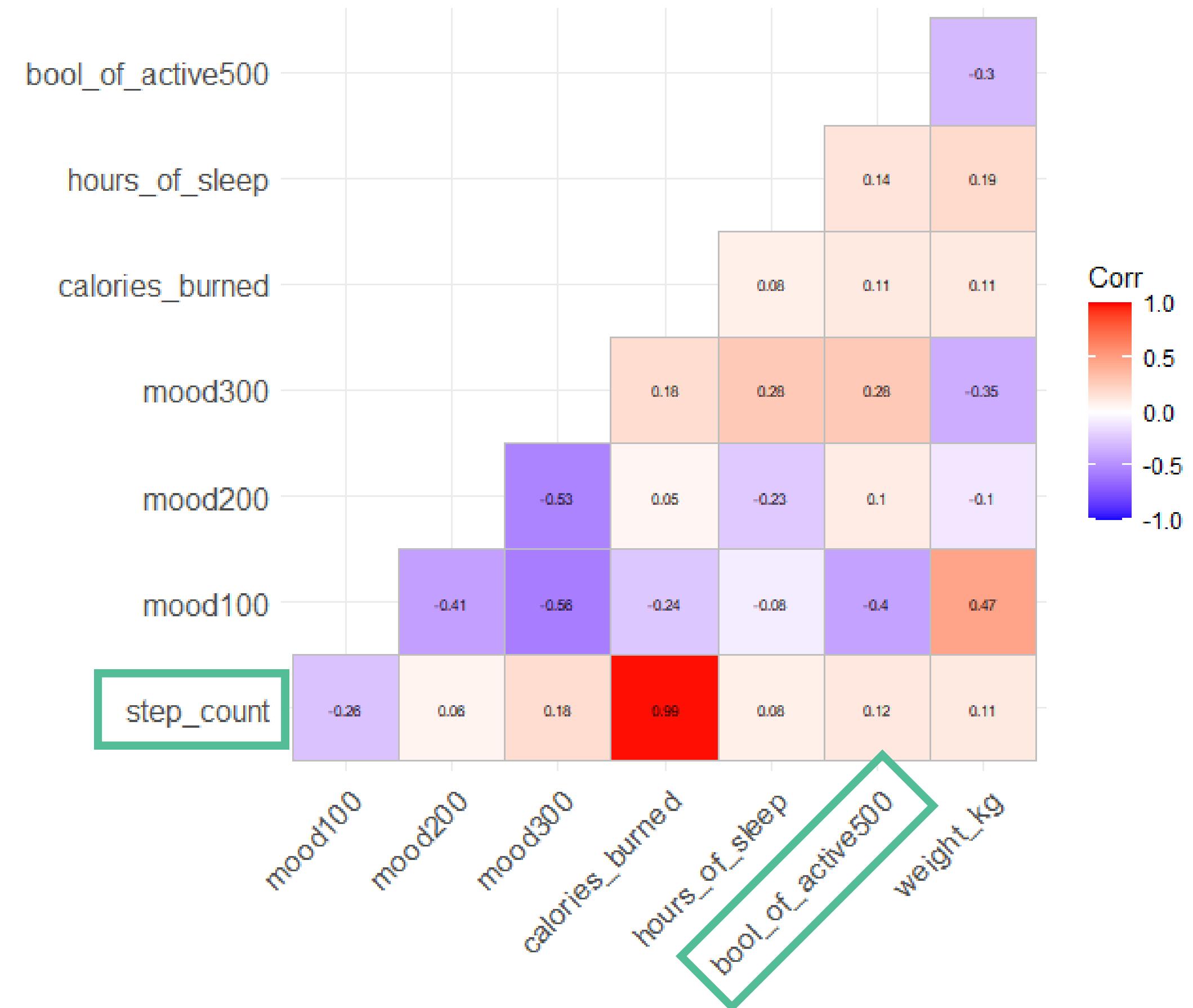
wilcoxon rank sum test with continuity correction

```
data: ft$step_count by ft$bool_of_active  
W = 976, p-value = 0.2447  
alternative hypothesis: true location shift is not equal to 0
```

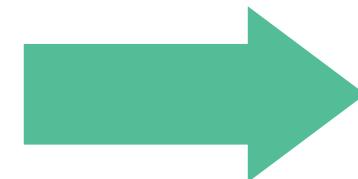
P=0.2447>0.05, there is no significant difference.  
The step count do not improve the feelings of active.

# THE RELATIONSHIPS BETWEEN FACTORS

**model.matrix(~time, data = d)**



# MAIN FINDINGS



$P=0.2447>0.05$ , there is no significant difference.

The step count do not improve the feelings of active.



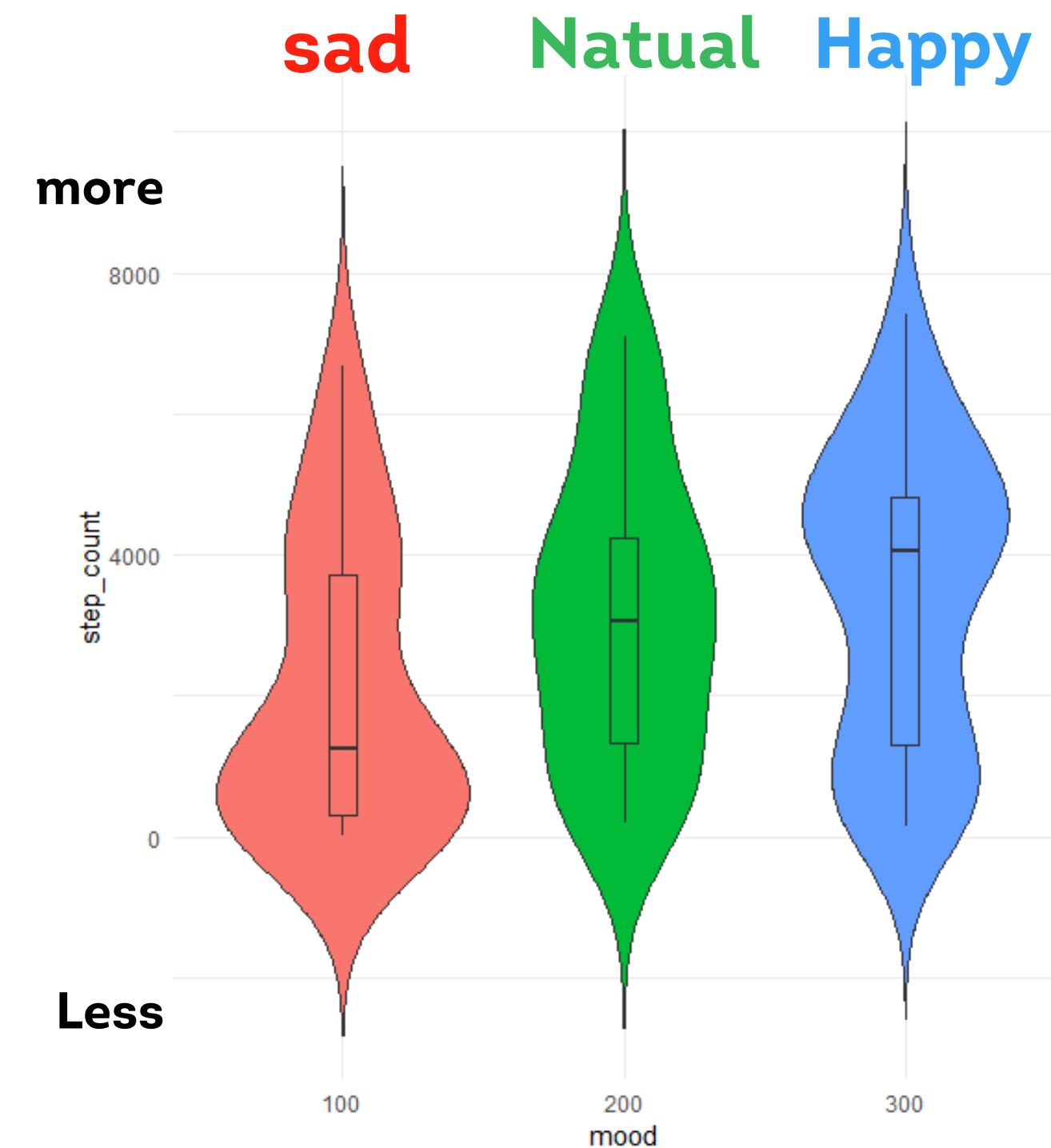
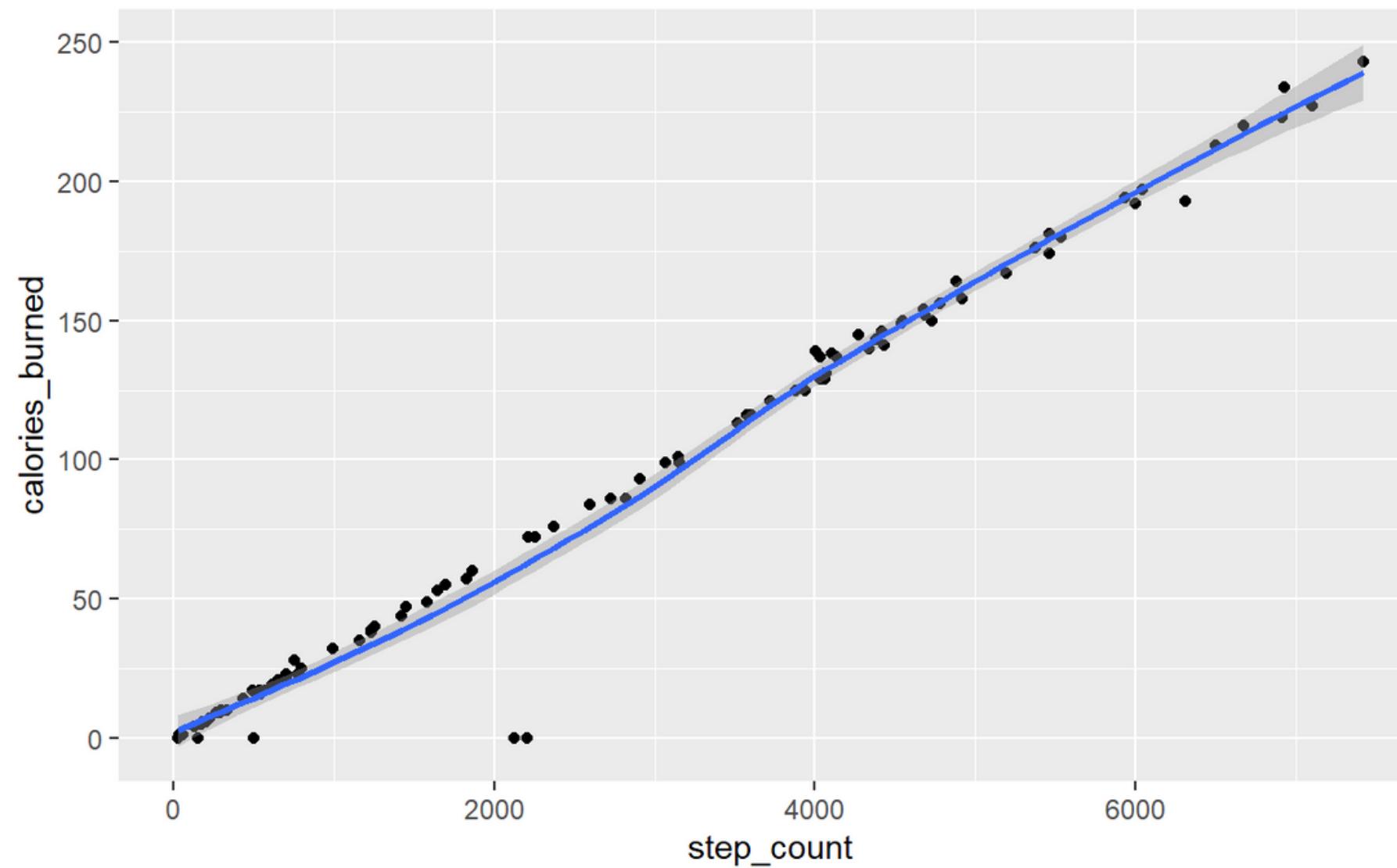
## Potential Reasons:



- The data is recorded only from one person instead of large population.
- Many reasons can affect the activeness, such as environment, learning barrier, and bad performance on exam.. etc.

# OTHER FINDINGS

**Strong & Positive**



# CONCLUSION

- control the weight
- make us happy



- enhance memory ability
- stimulates the flow of blood
- delay aging
- Protect skin

# RECOMMENDATION

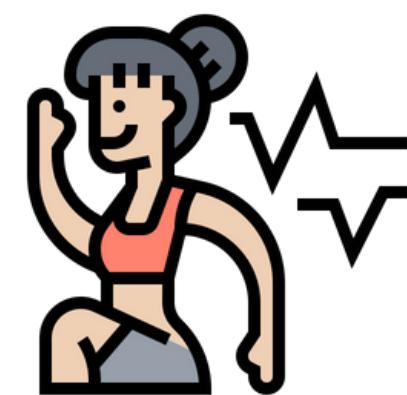
yoga

- improve flexibility
- release the pressure
- improve bad posture



Tabata

- short time
- high intensity
- improve cardiopulmonary function and muscular strength at the same time



weight training

- improve basal metabolic rate (BMR)
- eat more
- protect our internal organs



# RECOMMENDATION



30分鐘基礎瑜珈 30 min yoga for beginners { Flow with Katie }

觀看次數：14萬次 · 4 個月前

 凱蒂瑜伽 Flow With Katie ✓

請訂閱頻道，加入 Katie 的瑜伽旅程，讓我們一起深度練習:) For more videos like this, subscribe to my YouTube channel!

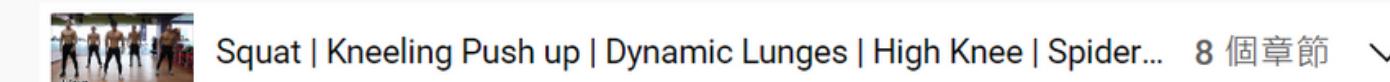


"TABATA "(FULL BODY-LEVEL: BEGINNER)

觀看次數：1027萬次 · 6 年前

 ZEROX FITNESS COACH

TABATA #一首歌時間瘦身！(#適合有一定基礎初學者或女生的版本) 大家可以邊看邊一起跟著...

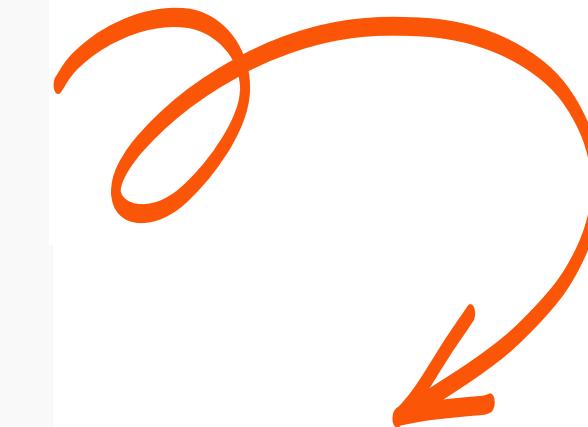


居家徒手訓練，別再用沒工具當藉口！大家都動起來 【居家訓練&飲食#4】

觀看次數：31萬次 · 1 年前

 營養健身葛格Peeta ✓

【居家訓練】徒手/彈力帶/啞鈴全都有，讓你在家也能維持好 ...



Can be done at  
home and free!

**GG** THANK YOU  
FOR  
**LISTING!**

