

KNOWLEDGE AND AWARENESS OF HEALTH ENTHUSIASTS
ABOUT THE BENEFITS OF EGG WHITE WITH HONEY
JUICE IN THEIR BODY DEVELOPMENT

THESIS

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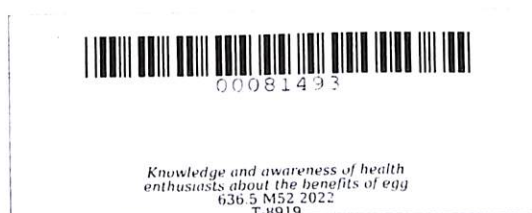
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**KNOWLEDGE AND AWARENESS OF HEALTH ENTHUSIASTS ABOUT THE
BENEFITS OF EGG WHITE WITH HONEY JUICE IN THEIR
BODY DEVELOPMENT**

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ABSTRACT

The main objectives of the study were to assess whether the health enthusiast has knowledge about the benefits of drinking egg-white with honey juice in their body development, and whether there are factors health enthusiasts considered in drinking egg-white with honey juice in their body development.

The participants were 30 health enthusiasts for this study on which they must be (a) between 20 to 45 years old; (b) can be male or female; (c) from Indang, Cavite. The researchers used an online survey using Google Forms to collect responses from the respondents. Using this method, it has provided the participants the convenience to participate in the study.

The researcher used the researchers used the snowball sampling technique in determining the participants of the study. Existing subjects can provide referrals to recruit samples required for a research study. The main instrument used was self-made by the researchers that was designed to administer the needs of the study. A descriptive-quantitative method has been implemented in this study. The data were subjected to statistical treatment.

The study showed that in terms of awareness and practices of the knowledge of Health Enthusiast in the benefits of drinking egg-white with honey juice in their body development, most of the respondents were strongly aware of the benefits of drinking egg whites with honey juice in their body development such as protein gain, cholesterol content, weight gaining, and anti-bacterial properties. And the respondents were aware of egg-white with honey juice benefits which were their main reason for including this kind of drink combination as part of their health practices was very beneficial in our body development.

Result revealed that in terms of knowledge, awareness, and attitudes on Other possible factors that a health enthusiasts might consider in drinking egg-white with honey juice, most of the respondents were knowledgeable in considering some other factors that egg- whites

and honey juice can be beneficial to health enthusiasts. This result shows that in some other ways, egg whites and honey juice have an impact on our body development not just only by using it as a drink combination. Their awareness about the benefits of egg whites and honey juice always helped them have a healthier body and toned muscles, especially when they included exercise in their diet. The attitudes of different health enthusiasts in including this kind of drink combination also requires enough knowledge on its benefits and harmful effects on their bodies. Having enough information and proper application of this kind of drink combination their health practices play a vital role in their body development for them to be healthier as they grow older.

In terms knowledge and attitudes if drinking egg-white with honey juice affect the body development of health enthusiasts, the study also showed that majority of the respondents believed that egg white has a positive effect on body development, specifically, in keeping the bones healthy. Egg whites are known as a low-calorie food. Most of the respondents believe that taking them on a regular basis can lead to stronger bones and prevent the occurrence of osteoporosis and fractures. Also, respondents strongly agreed that egg white with honey juice could affect the body development of health enthusiasts based on attitudes. Respondents also strongly agree that egg whites are an excellent source of protein with very little fat that could support muscle growth.

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KNOWLEDGE AND AWARENESS OF HEALTH ENTHUSIASTS ABOUT THE BENEFITS OF EGG WHITE WITH HONEY JUICE IN THEIR BODY DEVELOPMENT

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INTRODUCTION

Present days awaken us to the benefits of having a healthy routine every day - rampant sickness and illness are caused by an unbalanced diet and unhealthy food taken were the reasons why most wanted to live a healthy life. Both mental and physical fitness go hand in hand; we can't have one without the other. For this reason, we must put effort into exercise and diet. And as to the present situation, being a health enthusiast is a must added routine in our daily living.

Living a healthy lifestyle requires time, effort, and lots of dedication. According to Colby Buter (2011), Health Enthusiast is passionate about providing others health tips, whether for free or by someone book they write or seminar they put on. A true health enthusiast is someone who shares life long's passion about themselves to serve themselves and their bodies better. Life seems to move very quickly. People juggle work, family, and sometimes social life. Is it may wonder that people struggle to get into, or stay in shape when balancing so many things? A lot of the time, exercise and