

Pilot study about the effectivity of an intervention based on games in nutritional status and muscle strength on children Estudio piloto de la efectividad de una intervención basada en juegos sobre el estado nutricional y la fuerza muscular en niños

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Introduction: The overnutrition is a constant on developing countries; Chile is not an exception because it has a marked tendency to overweight and obesity in schoolchildren. The muscular strength has been associated with cardiovascular and metabolic health status in scholars. Effective interventions using games are needed to improve the nutritional status and physical fitness in school children. Objective: To assess the intervention effectiveness based on games played at school time to improve the nutritional status and physical fitness in schoolchildren. Method: 156 students aged between 7 to 15 years, attending to two public schools with full school day, to which a pilot program was applied. This pilot program was based on dynamic recreational games during 45 minutes from monday to friday for 3 months in the largest playtime of the school day. Results: At the end of the intervention, we observed a significant modification on children nutritional status, which highlights an increase