



# How can the application make having a healthy lifestyle easier?

Mawaddah Adam , Mshael Maenie , Raghad Kabli , Raneem Alzhrani

supervisor: MR.Anas El-mouaddeb

Information System Department , Umm Al-Qura Universty

## Introduction



With the spread of diseases caused by lack of movement and eating a lot of junk food, lifestyle changed and people became busy all the time, people started turning to the idea of the importance of living a healthy lifestyle and exercising, And eating healthy foods, and the need for clubs, trainers and healthy eating restaurants is increasing because most people prefer to do their exercises at the appropriate times for them and order food because of the lack of time and a lot of preoccupations

## Project Aims

Our proposed application aims to facilitate the process of obtaining a healthy lifestyle for people by providing the most important needs such as: communication between trusted trainers, restaurants and community members within one system and solving an important problem that is calculating calories, and increasing motivation and contributing to create a healthier society

## Data Collecting

We collected data about customer needs, and existing applications through :  
-Make a survey  
-Study the existing programs and their characteristics



## Expected Results

The services will be completed and the application will allow users to:  
Subscribe with trainers  
Request healthy meals or subscribe with restaurants that provide this service  
Participate in challenges and increase motivation  
Restaurants can register on the application and sell their products  
Coaches can subscribe to the application and provide their services

## Development tools



## Conclusion

amHealthy application will contribute to provide a distinctive user experience in the field of sports, and will facilitate the process of obtaining a healthy lifestyle

## Contact

amHealthy Page

group email :  
amHealthy2022@gmail.com  
leader email :  
mawadahadm1@oulook.sa  
supervisor email:  
ammouaddeb@uqu.edu.sa

