



# ABSTRACT

Practicing sports is essential for a sporty and healthy lifestyle, benefiting individuals physically, mentally, and socially. Sports promote overall well-being, improve fitness, and reduce stress.

They also foster teamwork, discipline, and social integration. The Pick-Up app connects like-minded individuals, facilitating sports activities, and building a sense of community. It provides motivation, support, and accountability, enabling users to monitor progress and achieve long-term health benefits. Embracing sports enhances well-being and contributes to a healthier society.

## introduction

Maintaining good physical and mental health is heavily dependent on consuming healthy food and engaging in regular exercise. A balanced diet that incorporates a variety of nutritious foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, provides the necessary nutrients for optimal bodily function.

Conversely, a diet high in processed foods, sugar, and saturated fats can contribute to the development of chronic diseases such as obesity, diabetes, heart disease, and cancer.

Exercise plays a vital role in promoting overall health. Regular physical activity helps strengthen muscles and bones, improves cardiovascular health, enhances the immune system, reduces stress levels, and uplifts mood. Moreover, engaging in physical activity can help prevent chronic diseases such as obesity, diabetes, and heart disease.

In summary, adopting a healthy diet and incorporating regular exercise into our lifestyles are key components of maintaining good health. By prioritizing these lifestyle choices in our daily lives, we can reduce the risk of chronic diseases and enhance our overall quality of life.

## TOOLS



### Group members:

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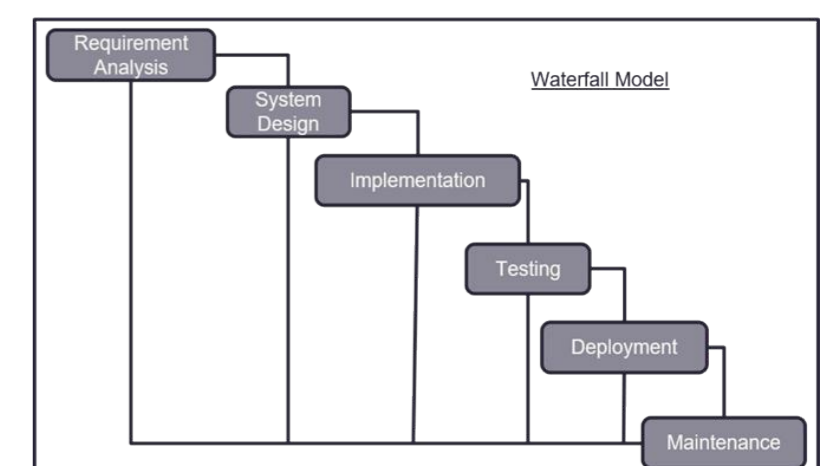
## Aims and Objectives

PICK UP is a platform that helps people find gyms and fitness centers in their area. Its main objective is to make it easier for individuals to locate and join a gym that meets their needs and preferences. The platform provides users with a comprehensive list of gyms, along with information about their amenities, services, and pricing.

PICK UP aims to promote a healthy lifestyle by encouraging people to exercise regularly. It recognizes the importance of physical activity in maintaining good health and well-being. By providing users with access to a wide range of gyms and fitness centers, PICK UP hopes to make it easier for people to incorporate exercise into their daily routine.

## METHODOLOGY

We decided to implement our project using the waterfall model, shown in Figure, as it has some benefits as follows: • Waterfall focuses most on a clear, defined set of steps. • The waterfall is committing to an end product, goal, or deliverable at the beginning, and teams should avoid deviating from that commitment. • The methodology emphasizes a clean transfer of information at each step



## CONCLUSION AND FUTURE WORK

"PICK UP" is an app designed to empower you on your journey towards a healthier and more fit lifestyle. This application harnesses services and facilities to guide you in club subscriptions, trainers, and the right nutrition for you, and develop and gain better health and appearance. Thanks to unwavering support, PICK UP not only tracks your progress, but also acts as a constant source of motivation, pushing you towards your ultimate goal.

## Features of the proposed system

- Making it easier for the user to reach appropriate clubs in the same area
- Facilitating finding club-certified trainers
- Providing offers and discounts to clubs
- Helping to adhere to exercise times and healthy meals.
- Providing healthy restaurants from the same region.
- Track health progress

