

# Problem Statement: Inactivity and it's Adverse Effects on Health

## Team 3 Senior Project

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**Abstract**—The majority of society is becoming less active, which is leading to an increase in health problems. This problem is not specific to first world societies, although they tend to have more options for becoming active. Most people claim they don't have enough time to go out and get exercise, so we aim to allow people to get exercise while going about their daily tasks. With assisting people in getting active, we believe it is help steer society away from the sedentary lifestyle.

**Index Terms**—Computer Society, IEEEtran, journal, L<sup>A</sup>T<sub>E</sub>X, paper, template.

## 1 INTRODUCTION

THIS demo file is intended to serve as a “starter file” for IEEE Computer Society journal papers produced under L<sup>A</sup>T<sub>E</sub>X using IEEEtran.cls version 1.7 and later. I wish you the best of success.

mds

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### 1.1 Inactivity

Subsection text here.

#### 1.1.1 Ages

Subsubsection text here.

#### 1.1.2 Geographic

#### 1.1.3 Physical Handicaps

### 1.2 Health Effects

#### 1.2.1 Physical

Obesity, Cardio vascular

#### 1.2.2 Mental

Stress, Axiety, Depression

### 1.3 Options

Gym, Swimming, Running, Walking, Bikes

### 1.4 E-Bike

#### 1.4.1 Why

#### 1.4.2 Whats Been Done

## 2 CONCLUSION

The conclusion goes here.

## APPENDIX A

### PROOF OF THE FIRST ZONKLAR EQUATION

Appendix one text goes here.

## APPENDIX B

Appendix two text goes here.

## ACKNOWLEDGMENTS

The authors would like to thank...

## REFERENCES

- [1] H. Kopka and P. W. Daly, *A Guide to L<sup>A</sup>T<sub>E</sub>X*, 3rd ed. Harlow, England: Addison-Wesley, 1999.

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