**Healthy life app**

Healthy life is a mobile application for android users, It provides it’s user a healthy system to follow either in eating routine or in sports.

Users at first enters their data for the application to use ( name, age, health conditions, weight and height ).

We have 3 types of users:

1. Normal user who seeks a healthy routine(not a patient), so the application suggests some tips for kinds of food to eat, number of meals and their time to have also it gives you advice about kinds of sports and which ones are preferred for you.
2. Diabetes patient who enters his blood sugar level and updates it daily so that the application tells him what kind of food to eat today depending on a mathematical relation to determine this rate is it below, within or above the normal blood sugar rate also it tells him the latest diet programs for diabetes patients to follow.
3. Hypertension patient who enters his pressure rate and also updates it daily so that the application tells what to eat ( salt rate in food ) depending on the rate if it below, within or above the normal pressure rate and suggests diet systems to follow.

These three users have common advices to share like:

1. What kind of sports suits you ( your health condition ).
2. Notifications to remember your meal and medicine for patients.
3. It calculates the body mass index equation for the user to know the perfect weight to be on and whether he needs a diet program or not.