

The background of the image features several interlocking gears and star-shaped components, likely made of metal, scattered across a light-colored surface. The lighting is soft, creating subtle shadows and highlights on the metallic surfaces. The overall aesthetic is clean and technical.

# **ESTR EAT SLEEP TRAIN REPEAT**

**Group 70**

# THE PROBLEM

- Everyone is stuck at home due to the pandemic.
- According to the WHO, Malta has one of the highest obesity rates.
- Gyms and personal training services can be expensive.
- Busy schedules
- Health problems that hinder exercises

# **SOLUTION**

- Quick access to professional advice
- Numerous services relating to health and fitness
- Workout regimes for all age groups
- Exercises catered for specific health conditions
- Effective home workouts

# BENEFITS

- A centralized place to store fitness/workout plans
- Effective exercises that don't require equipment
- Encouragement and advice provided by EHS(Exercise for Health Professionals)
- Advice provided by licensed professionals
- Injury prevention exercises
- Exercises for specific health conditions
- Workout schedule with reminders