

# Problem Statement

## **Problem Statement:**

- While there is plenty of information on working out, it can be too complicated and daunting to start.

## **Who is experiencing the problem?**

- Everyone in the world who wants to better their health in whatever sort of way experiences this problem.
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## **What is the problem?**

- The problem is that people struggle to find out information on working out and how to start working out. It can be really confusing and intimidating sometimes which makes people not want to go.

## **Where does the problem present itself?**

- The problem can present itself all around the world. Whether you are old, young, overweight, underweight, short, tall. Everyone can feel confused or intimidated by working out.
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## **Why does it matter?**

- Working out is important in many different ways. First of all, it's good for your overall physical health. Secondly it can be good for your mental health as well. And it can help you build a community of many different friendships with many different people.