

# Nutrition Analyzer For Fitness Enthusiasts

## Problem statement

- ✓ Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.
- ✓ Physical fitness is generally achieved through proper nutrition, moderate vigorous physical exercise, physical activity, and sufficient rest.
- ✓ However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work.

- Nutrition is important to life/well-being, should be taken into own hand
- Exercise deserves equal attention and may balance out any small negative dietary changes (e.g. - eating a cookie here and there)
- Never consumes:
  - o Fast food
  - o Food with hormones/antibiotics
  - o Processed food
  - o Supplements
  - o frozen/preheated food

# Think

- Thinks anything that's artificial is harmful to health
- Sugar is terrible
- Chemicals are bad
- People should stick to eating only fresh, organic food for the sake of longevity and good health