

Group2 MP2

MEMBERS:

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Topic: Health and Fitness Website

Problem:

The problem that arises and necessitates the creation of a health and fitness website is the need for accessible and reliable information, resources, and services related to health and fitness.

In today's digital era, people are increasingly turning to the internet for information and solutions to their health and fitness needs.

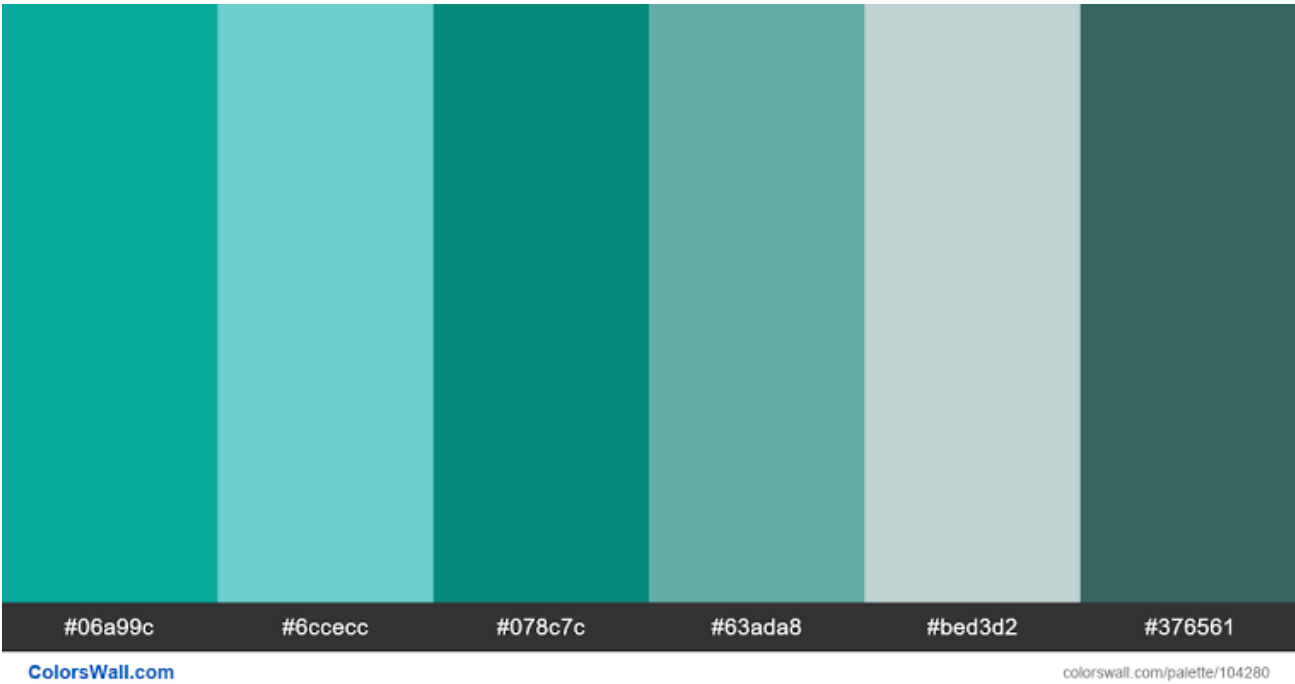
Solution:

A health and fitness website can serve as a centralized platform where individuals can find valuable content, guidance, and support in their journey towards better health and fitness. It addresses problem by providing numerous benefits:

1. **Information and Education:** A website can offer a wealth of information on various topics such as exercise, nutrition, healthy lifestyle choices, and specific health conditions. Users can access articles, blogs, videos, and tutorials to educate themselves and make informed decisions about their health and fitness.
2. **Fitness Programs and Training:** A website can provide access to fitness programs, training plans, and workout routines designed by professionals. Users can follow these programs at their convenience, eliminating the need for a physical trainer or gym membership.
3. **Tracking and Monitoring:** Many health and fitness websites offer tools and apps to track progress, monitor activities, and record vital statistics. This allows users to measure their achievements, set goals, and stay motivated.
4. **E-commerce and Product Recommendations:** Health and fitness websites can also offer e-commerce capabilities, allowing users to purchase fitness equipment, dietary supplements,

and other related products. Recommendations and reviews can guide individuals in making informed purchasing decisions.

Color Pallete:



Division of Labor:

Karl: Navbar/Logo/Calorie Counter

Juna: Shop/Cart/Contact Us

Zed: Home/About/Footer