**PROJECT PLAN:**

**DETAILED DESCRIPTION**

**AIMS**

The specific aim for our Versatile Fitness application is to develop and release an app that helps busy people increase their fitness levels. The way our application will accomplish this is through developing the habit of exercising daily. The focus will be on short five-to-fifteen-minute calisthenic workout routines that are developed by qualified physical training instructors, to ensure intensity and strength requirements are met for effectiveness. The most important parts of our project will be ensuring the exercises are effective with the short workout times, and ensuring the workouts are versatile so they can be performed anywhere, without extra equipment. We know how hard it is to prioritise exercising when there are other more immediate concerns that you feel should be taken care of instead. Recent studies from the Australian Bureau of Statistics found that 67% of Australian adults were overweight or obese (Australian Bureau of Statistics 2018). Being overweight or obese comes with all sorts of health problems such as high blood pressure, high levels of bad cholesterol, heart disease, and type 2 diabetes, just to name a few (Centers for Disease Control and Prevention 2021). With these numbers we can clearly see there is a need for weight loss to promote healthier Australians. Therefore, our specific aim is important as the people most at risk of neglecting exercise are parents or people in general that feel they are too busy. Our plan is for our application to provide a way for the time constrained people to still enjoy the benefits of exercising, without the need for any time-consuming commitments they can’t fit into their busy schedules.

Australian Bureau of Statistics 2018, *Overweight and obesity, 2017-18 financial year,* Australian Bureau of Statistics, viewed 14 January 2022, < <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/overweight-and-obesity/2017-18>>.

Centers for Disease Control and Prevention 2021, *Adult Obesity Causes & Consequences,* U.S. Department of Health & Human Services, viewed on 27 January 2022, <<https://www.cdc.gov/obesity/adult/causes.html>>.