No site can be what everyone is looking for. However, I believe that many can find it **helpful** in ways outlined below.

This site **provides** a quick beginner workout, cardio, and diet for someone looking to improve their overall health and does not know where to begin. It can also be beneficial to people who have a little more experience but want to change things up or are looking for new ideas or even something to start with and customize it a little. They use fifty percent of the diet, weight routine, or cardio routine and make changes to the other fifty percent to better fit them and what they want to accomplish or just fit their preferences.

It answers questions such as how many reps and sets to do in an exercise with **weights**. How many days a week to work out, and what exercises to do on those days. It will break up the body into parts as well by day to make it manageable. For instance, one day might be shoulders and arms. On this day, the appropriate exercises will be given, and what part of the body they work. (Delts, biceps, triceps, and so on based on the day.) It also provides a brief description of what reps and sets are. So, they know how to do them.

It also has a page on **nutrition** and gives basic examples of a healthy day’s meals with calories and macronutrient ratios. Meaning you can pick a meal based on calories, and it will have a list of foods in that calorie range. It will also show the breakdown of fat, carbohydrates, and protein grams. That way, if you want a similar number of calories and macronutrients, you can just follow the list. You can also use it as a base to substitute foods from and customize them based on desired preferences and needs.

There is also a page on **cardiovascular** **exercise** and what heart rate percentages could be reasonable based on a maximum heart rate. A way is given to find an average for minimum heart rate if the user does not know it. Based on heart rate, the user can select a cardio routine based on ability. There will be one that is very easy to do and a harder one as well. For instance, a basic routine may not go past a zone one heart rate. An intermediate would not go past zone three, and an advanced would go up to zone three and fluctuate appropriately.

Other websites can often have so much information it can be overwhelming. This website will help to keep things **simple for a beginner** to understand and get started. If I wanted to know a good way to do a math problem, a site with one thousand ways to solve it might sound like a good idea. However, this could just be a distraction and cause confusion even more. Best to start with one explanation and try others if it is still not understood.

No **information** is needed from the user except for maximum heart rate or age for a guesstimate if they do not know what their max is. This is done intentionally to make it as user friendly as possible without needing much understanding from the user. Although people who do have more information, such as understanding on how to mix up a diet and workout, can also get added benefits, as mentioned above.

The **three subjects** on three pages make it easy to understand and easy to follow without getting information confused with other information. It also means that one can avoid reading about any information they are not interested in.